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26
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The power of Prevention

HEALTH IS A HOT TOPIC RIGHT NOW.

From personalised medicine to hi-tech research on products like the battery-free pacemaker, nutritionists, scientists and wellness experts are at the forefront of the latest trends and finding out what makes us tick. And one of the most interesting parts about it? How much the concept of health has changed. These days we live in a world where doctors are just as likely to prescribe regular exercise as they are to reach for their prescription pad. Where we know that the very best 'medicine' is to put the right foods on our plate. And where the emphasis is now firmly on prevention rather than cure. But despite all that there are still so many important health issues. Every year in Australia around 15,000 women will be diagnosed with breast cancer, 280 people a day develop diabetes, and heart disease now touches some one in six of us.

But the very good news that could change our country's health future forever? The fact that the risk of almost every major chronic disease can be drastically reduced—or even prevented altogether—with the help of a few simple lifestyle changes, like drinking a green smoothie daily, sprinkling fresh blueberries on your porridge or even just meditating for five minutes every morning. The message couldn't be simpler, but the effect it could have is truly profound. So, in order to spread that message as widely as we possibly could, we invited seven of Australia's most high-profile women—Rebecca Gibney, Michelle Bridges, Gabi Hollows, Chris Bath, Marta Dusseldorp, Natarsha Belling and Nicky Buckley—to join us in an Australian first, National Prevention Week, to be held from March 23-29. Despite being some of the busiest women I know, when we approached them to be involved, every single one said yes, and couldn't have been more generous with

their time and support. And the reason? Because as you'll read, the health cause that they've chosen to champion is intensely personal. In 'The Power of Prevention' (from page 66) they share the issues closest to their hearts and the health facts every woman should know. Shot on location at an incredible private home on Sydney's North Shore, the two-day shoot was inspiring, empowering and proof that when a group of smart, passionate women with a common goal come together, anything is possible. In between takes as our hard-working crew meticulously arranged hundreds of flowers (sourced by Prevention's art director at the ungodly hour of 5am) and moved furniture, we chatted about many things. But one comment Natarsha made has stayed with me. As she reveals on page 72: "I've had a few family health challenges in recent years and it reinforces something my grandmother told me. 'If you've got your health, you've got everything'. It's so true."

Over the next few months we'll bring you even more of this message. The aim? To feel stronger, live longer and squeeze every last drop out of life. I hope that you enjoy this very special issue as much as we did. In the meantime, be sure to get in touch via editor@preventionmagazine.com.au or twitter.com/jacquimooney. I'd love to hear from you.

Jacqui

JACQUELINE MOONEY
EDITOR



EAT REAL FOOD, FEEL AMAZING!

Want to ditch the hidden nasties in your diet and feel lighter, healthier and more energetic? Then don't miss our new handbag-sized guide Eat Clean, on sale in newsagents and supermarkets from March 23. Packed with nutrition advice and healthy, healing recipes, it will change your life and body for the better. Sound good? Turn to page 115 for more details.

Meet the team

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Rebecca Gibney wears a Carla Zampatti dress and Paspaley earrings and bracelet

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What tiny health tweak has made a big difference?



Going to bed 30 minutes earlier than I used to. I wake up feeling so much more refreshed, and I'm more likely to get up and exercise before work (though that's still a work in progress!).

Kate Walsh, Senior Features Writer

I've stopped 'adding' when I order or cook a meal—not every salad needs dressing or sauce and not every meal needs a side. It's clean-eating logic!

Sarah Lakos, Editorial Coordinator

Reducing my dairy intake and replacing it with alternatives like nut milks and cashew cheese.

Bonnie Cleaver, Associate Editor



I resist the temptation to snack on biscuits and chocolate by thinking before I indulge—I like to call it mindful eating!

Kate Fraser, Picture Editor

My tweak is good for me *and* the environment—I keep a glass water bottle at my desk, ensuring I drink my eight glasses. Added bonus: water always tastes better from glass.

Lucette Yusef, Art Director

I love a glass of wine every now and again, but I've cut back by only drinking on weekends and special occasions.

Leanne Croker, Chief Sub-editor

After a long day at work I used to snack on chips while preparing dinner.

Now, I have carrot sticks and hummus on stand-by for a healthy pre-dinner alternative.

Nina Francis, Senior Designer



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Over to you

Lately, you can't seem to get enough of our wellness boosting green smoothies, healthy recipes, and raving about last issue's amazing cover star, Michelle Bridges

Blitzing the new year

Talk about smoothie-licious! Thanks to your 'Good Smoothie Guide', I started 2015 with a blitz! With 25 detox drink recipes to experiment with, my blender certainly got a good workout. Using almond milk as a dairy-free liquid base, these smoothies kept me feeling fuller for longer. Oh, and my favourite...? Sweet Spirit from holistic health coach Katrine van Wyk. Absolutely delicious.

Victoria Foreman

MOTIVATION FROM THE BEST

Thank you *Prevention* for the motivating story on Michelle Bridges. I almost didn't read yet another interview with this inspirational woman, but I'm so glad I did. She reminded me of so many wise words I've heard before, yet coming from her, inspired me to take action.

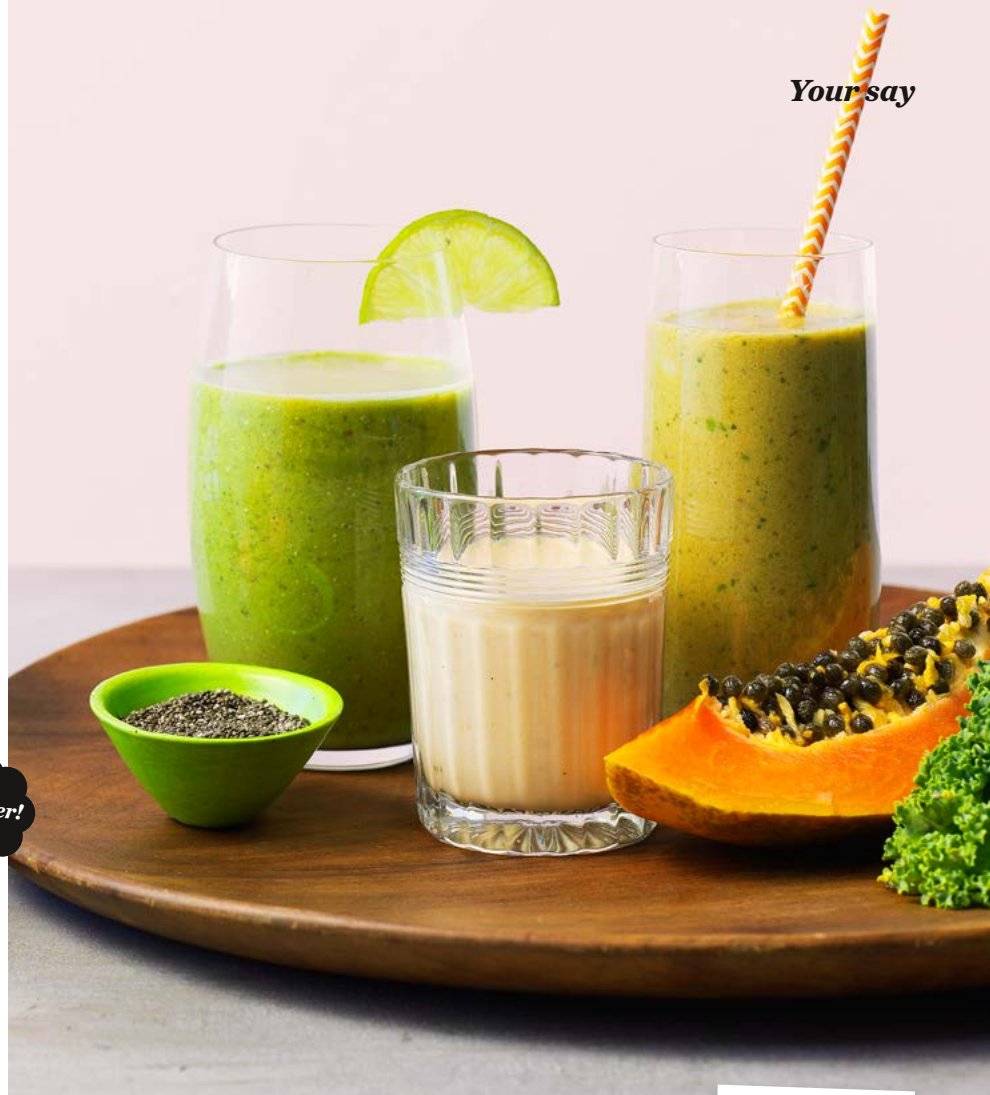
Colleen Davies

Winner!

ADVICE FOR MIND, BODY & SOUL

Last November I was lucky enough to receive my very first issue of *Prevention*, after my mum gave me a subscription for Christmas. I'm so grateful that she put me onto a magazine full of excellent advice that's also easy to read. It helps my family and I to remain healthy and to continue preventing diseases and illnesses we can simply avoid by looking after our bodies, our minds and our souls. Thank you for all your research on topics that may affect us. It's greatly appreciated.

Elisabeth Majnaric



Most popular Instagram pic

Proof many of you were enjoying the good Sunday vibes.



Most shared tweet

A new study highlights the dangers of sitting, even for regular exercisers. Looks like sitting really is the new smoking!



Favourite Facebook post

You liked, shared and tagged friends in this Friday-themed post!

I haven't been this excited about Friday since last Friday.



Cover love

What a privilege to be on @preventionaus cover! Thank you for the wonderful day and lovely opportunity. Love Mishy xx @MishBridges



GET IN TOUCH FOR YOUR CHANCE TO WIN!

Write to *Prevention* with your feedback—this month our favourite contributor will receive an organic prize pack from The Beauty Chef (thebeautychef.com) valued at \$294.77. The pack features the much-loved Glow, Detox and Body Inner Beauty Powders, the Dream Repair Serum and Beauty Fix Balm to help promote glowing skin and good health. Send your correspondence to faces@preventionmagazine.com.au or via Twitter and Facebook by March 16.

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Meet our experts

Groundbreaking research is at the heart of our stories—and we're lucky to have a team of leading experts on call. Meet the psychologist we turn to for the latest on mental wellbeing



Dr Paula Robinson

We just can't get enough of wellbeing thought leaders here at *Prevention*, so it's no wonder Paula Robinson is on our panel of bright minds. As a psychologist and managing director of the Positive Psychology Institute, Paula has conducted groundbreaking research on 'mental fitness'. "I'm passionate about the concept and development of mental fitness for everyone," she explains. "It's an important concept because mental illness is steadily but surely increasing, so we urgently need new and novel approaches to positive mental health." Here's the low-down on her work:

You're extremely passionate about mental fitness. Why is that exactly?

Many reasons. The basic premise is that it's a positive term without connotations of illness implied by either 'mental health' or 'mental illness'. My research and that of others suggests mental fitness is measurable—and that it can also be improved in a similar way to physical fitness. A 'total fitness' approach can buffer us from mental illness but more importantly, mental fitness is a process that can help us achieve high levels of wellbeing in our day-to-day lives.

Are there any simple ways we can hone our mental fitness?

Yes! It's possible to assess the four distinct areas of mental fitness: strength, flexibility, endurance and team. Each can be developed via scientifically validated practices. For example, one aspect of endurance is resilience; if it's low, you can put things in place to increase it. Keen to learn more? Visit positivepsychologyinstitute.com.au/mental_fitness.html

You do a lot of coaching in business contexts and were a senior manager yourself. What's the number one way people can boost their job satisfaction?

Know and use your strengths when performing your role and ensure your job description takes them into account. Research suggests that people who use their strengths at work more often are six times more engaged in their jobs. This is one area of development within the 'strength' component of mental fitness.

PREVENTION'S TEAM OF ADVISERS

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Fiona Cosgrove, wellness coach, trainer and CEO of Wellness Coaching Australia
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Dr Vicki Kotsirilos, holistic GP and founding past president of the Australasian Integrative Medicine Association
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Dr Stephen Shumack, dermatologist at Sydney's Royal North Shore Hospital and the Skin & Cancer Foundation Australia

WOMEN'S HEALTH

Associate Professor John Eden, reproductive endocrinologist at The University of New South Wales and director of the Barbara Gross Research Unit and the Sydney Menopause Centre at the Royal Hospital for Women

COMPLEMENTARY MEDICINE

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Marc Cohen, PhD, professor

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Professor Kylie Ball, PhD, expert in nutrition, obesity and physical activity at the School of Exercise and Nutrition Sciences, Deakin University, Victoria
Lisa Champion, exercise specialist and a director of the Australian Fitness Network

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Marie Rowland, director and consulting psychotherapist at Talking-Matters in Sydney
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IN THIS ISSUE:

- P82 **WATCH** An exclusive video from our National Prevention Week shoot
P121 **MOVE** Save our breakthrough flat belly workout, then do it anywhere!
P143 **COOK** Put a healthy new spin on our dessert classic. Just 342 calories!



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Join us for NATIONAL PREVENTION WEEK 2015

It's Prevention's biggest campaign of the year, as we raise awareness of health issues every Australian should know about. Get ready to feel stronger—and live longer!



Turn to page 66 to read moving stories from seven of Australia's most inspiring women about the causes that have changed their lives, including breast cancer, mental health and heart disease.

GO BEHIND THE SCENES

Watch an exclusive video from this year's amazing shoot in Sydney at preventionmag.com.au. Think inspiring behind-the-scenes footage and extra interviews with ambassadors including Michelle Bridges, Gabi Hollows, Rebecca Gibney and Chris Bath, as they share the health causes closest to their hearts.

BOOST YOUR HEALTH, TODAY

Get involved in NPW 2015! Just visit our site where you'll find everything you need to future-proof your health. You'll have access to fact sheets for our seven health causes, along with expert tips on preventative health. Plus, you'll find simple, healthy eating plans and delicious recipe galleries.

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Health

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Brew up some powerful benefits

ATTENTION, LADIES! Science says it's time to put the kettle on. A new study in the *American Journal of Clinical Nutrition* found that women who consumed the most flavonoids, a type of antioxidant abundant in tea, were significantly less likely to develop ovarian cancer, the sixth most common cause of cancer death among Australian women. Researchers examined the dietary habits of more than 170,000 women for three decades. What they discovered? Just a few cups of black tea daily was associated with a whopping 31% reduction in risk. So how do they work? "The mechanisms aren't completely understood, but a number of them are anti-inflammatory and have effects on cell signaling pathways," says study author Aedin Cassidy, PhD. In turn, flavonoids may help reduce the proliferation of cancer cells. Tea break, anyone?

YOUR HEART SMART ATTITUDE

Looking on the sunny side won't just improve your mood. It could also boost your cardiovascular health! That's the latest from a new University of Illinois study, which examined the link between optimism and heart health in more than 5100 adults, aged 45-84. The findings? "Individuals with the highest levels of optimism have twice the odds of being in ideal cardiovascular health compared to their more pessimistic counterparts," explains lead author Rosalba Hernandez. Folks with upbeat attitudes also had better blood sugar and total cholesterol levels, healthier BMIs, were less likely to smoke and more active. The take-away? Having a positive take on life is a powerful way to safeguard your heart, and your overall wellbeing.



***The new
antibiotics:
In your bag
already?***

The solution to super-bugs that scientists around the world are concerned about could already be in your desk drawer! New research suggests non-steroidal anti-inflammatory drugs (the class of painkillers that includes ibuprofen) thwart bugs by making it impossible for them to replicate and turn resistant. Your headache fix isn't killing germs yet but it may be only a matter of time until other NSAIDs are harnessed to develop a bacteria-busting solution. Exciting!

4

The number of years earlier menopause starts in women with high exposure to environmental pollutants. Time to clean out that kitchen cupboard!

Home remedy

WINDOWSILL MEDICINE

With just four easy-to-grow herbs—lemon balm, peppermint, sage and thyme—you can treat minor ills almost instantly, according to Dr Tieraona Low Dog, author of *Healthy at Home*. Try these, now!

Who needs a green thumb or a sprawling backyard? These multi-taskers are an ideal health tonic. Use 1 tablespoon of chopped fresh herbs to 1 cup of boiled water. Cover and steep for 5 to 10 minutes before sipping. Enjoy!

LEMON BALM: Helps relieve anxiety, mild insomnia and tension headaches. Clever!

PEPPERMINT: A potent natural tonic for nausea, indigestion and even travel sickness.

SAGE: This is your body's ideal tea if you're battling hot flashes, night sweats, fever or a sore throat.

THYME: Soothes a scratchy cough, congestion and bronchitis. A life-saver in winter!

Infused Baked Parcel

HERB BAKED BLUE EYE IN A LEMON INFUSED PARCEL MAKES FOR AN UNFORGETTABLE SUMMER NIGHT FEAST
WITH COBRAM ESTATE LEMON INFUSED EXTRA VIRGIN OLIVE OIL



BAKED FISH PARCEL WITH SALSA VERDE (SERVES 4)

INGREDIENTS

4 fillets Blue Eye, skin on
2 lemons sliced
10 green olives pitted & roughly chopped
Splash of white wine in each parcel
Salt flakes & freshly ground pepper
Baby herbs to garnish

SALSA VERDE:

1 bunch parsley
½ bunch dill
2 garlic cloves
2 teaspoons capers, drained
¼ red onion
¾ cup Cobram Estate Lemon Infused
Extra Virgin olive oil

METHOD:

1. Preheat oven to 200° Celsius. Or alternatively use your BBQ.
2. Place all salsa verde ingredients in a food processor and pulse until combined and smooth.
3. Season the fish and coat in the salsa verde and set aside.
4. Place the lemon slices on the baking paper. Place the marinated fish on top of the lemon slices. Sprinkle with the chopped olives. Fold over the edges of the baking paper to enclose the fish.
5. Place on a tray in the oven or wrap in foil and place on your BBQ.
6. Bake for 10-12 minutes.
7. Garnish with baby herbs, extra salsa verde and season to taste with salt and pepper.



For more recipe ideas visit cobramestate.com.au

EVERYONE'S TALKING ABOUT:

Green scripts

It's just what the doctor ordered! A totally different kind of prescription is starting to pop up in parks right around Australia

BY KATE WALSH

WHAT IS A GREEN SCRIPT ANYWAY?

Once upon a time, when you went to the doctor, it was likely you'd walk away with a bottle of pills. But now, GPs and health professionals at the forefront of wellness are handing out something entirely different—prescribed exercise (aka green scripts) to help prevent and manage chronic health issues like heart disease. In fact, many believe a prescription for Tai Chi, a walk in the park or even a group fitness class could soon become as common as cholesterol-lowering meds.

SO, WHERE ARE THEY HAPPENING?

A green prescriptions initiative has been in place in New Zealand for more than a decade and has proved hugely successful. Research found participants saw positive changes in their health—57% reported feeling stronger, 63% improved their diet and almost half (46%) lost weight. Yep, pretty impressive! Closer to home, a green referrals program operates in the Barwon region in Victoria (with hopes to roll it out across Australia in the future), thanks to a partnership between Active in Parks, and organisations like Medibank Community Fund and Parks Victoria. Wondering how it works? Health professionals refer patients to an eight-week outdoor activity program, featuring exercises from yoga to team sports. There's also a very similar initiative in the US right now.

WHAT'S THE MAJOR HEALTH PAY-OFF?

Green scripts get people moving—86% of respondents to a survey run by the Australian program said taking part had totally changed their attitude towards physical activity. "It's a lot harder to reverse a chronic condition than to get in early and prevent it," says National Active in Parks coordinator Shelley Wills. "The program is about early intervention rather than getting to the point where people have to make huge lifestyle changes." It's also about taking advantage of our abundant green spaces and creating a real sense of community. "Connecting participants to nature motivated them to continue an outdoor exercise regime on their own," reveals Wills. In short, it's the ultimate preventative medicine! **P**

Did you know?

60% of Australian adults do less than 30 minutes of physical activity per day. Ditch that TV time for a stroll outside!

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7 healing condiment cures

You know those little flavour-adding extras you love? Research shows they have a host of hidden health benefits

BY AMANDA PRESSNER

Tomato Sauce

DAILY DOSE: 3-4 tablespoons

HOW IT WORKS: Lycopene—a powerful antioxidant in tomato sauce—may slow the process that leads to atherosclerosis, says research biologist Betty Ishida, PhD. While all tomato sauce contains some lycopene, a study in the *Journal of Agricultural and Food Chemistry* found organic versions contain up to 60% more per gram. It also boasts the highest levels of vitamins A, C and E. Impressive!

SERVING TIP: Pick dark-hued sauce for the biggest dose and squirt it on your next burger, or stir with low-fat mayo for a DIY dressing.

Black Pepper

DAILY DOSE: To taste

HOW IT WORKS: Pepper could be your body's new secret weapon against cancer. How? Piperine, a compound in black pepper, may help interrupt the self-renewing process of cancer-initiating stem cells, according to University of Michigan research. "By limiting the number of stem cells, you limit the number of cells with the potential to form tumours," says lead study author Dr Madhuri Kakarala.

SERVING TIP: Sprinkle on savoury dishes to up the heat. Or if you're really adventurous, mix into plain yoghurt and top with fresh fruit.

Rosemary

DAILY DOSE: 1-2 tablespoons

HOW IT WORKS: This fragrant herb minimises cancer-causing carcinogens formed when cooking some foods. That's according to scientists at Kansas State University, who found that seasoning beef with rosemary before grilling it can reduce carcinogens called heterocyclic amines by 30 to 100% (that's some pretty hefty benefits).

SERVING TIP: Spread a paste of chopped rosemary, Dijon mustard, garlic and sea salt on meat before cooking. Another tasty idea? Stuff chicken with citrus and rosemary sprigs, then roast. Dinner, sorted!

Horseradish

DAILY DOSE: ¼ teaspoon

HOW IT WORKS: Glucosinolates, clever little compounds found in the roots and leaves of the horseradish plant, can boost your liver's ability to detoxify carcinogens. What's more, they may suppress growth of existing tumours, according to a US study. Horseradish is one of nature's best sources of glucosinolates—with up to 10 times more than broccoli, the next-best source.

SERVING TIP: Mix into tomato sauce or mustard for a tangy sandwich spread, or add to yoghurt to serve with roast lamb or fish.



BLACK PEPPER
The tiny new cancer fighter



HOT SAUCE
Helps curb hunger

ROSEMARY
Eliminates food-borne carcinogens

Olive Oil

DAILY DOSE: A few tablespoons

HOW IT WORKS: Extra virgin olive oil is a top source of oleic acid, an omega-9 fatty acid that's converted during digestion to oleoylethanolamide (OEA), a hormone that helps keep your brain cells healthy. Researchers at the University of California believe it signals the part of the brain responsible for turning short-term memories into long-term ones. In other words, it seems to be part of the glue that makes memories stick. No more searching for lost keys, then!

SERVING TIP: Drizzle on vegies or salad, or mix with garlic and salt and spread on grainy bread.

Hot Sauce

DAILY DOSE: A few shakes

HOW IT WORKS: Eating just one meal that contains capsaicin—the compound that gives chilli its fiery heat—reduces levels of hunger-causing ghrelin. It also raises GLP-1, an appetite-suppressing hormone, reveals research in the *European Journal of Nutrition*. Another study found that people who had capsaicin-spiced tomato juice before meals ate 16% fewer calories than those who drank it plain.

SERVING TIP: Splash on tacos, rice or soup. Or top grapefruit with a few shakes, plus brown sugar for a fat blasting snack!

Cinnamon

DAILY DOSE: 1 teaspoon

HOW IT WORKS: People who added half a heaped teaspoon to a sweet dish experienced a slower rise in blood sugar than those who didn't, finds a series of studies in *The American Journal of Clinical Nutrition*. The super spice improves insulin sensitivity, keeping blood sugar levels stable, says Joanna Hlebowicz, PhD, the studies' lead researcher.

SERVING TIP: Sprinkle on hot porridge, add to muffins when baking, or work it into rice-based dishes, by grinding together with cumin, coriander and caraway. Delicious! **P**

TOMATO SAUCE

Lowers your heart disease risk



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HORSERADISH

Detoxifies the body



CINNAMON

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Recharge your energy levels, fast

Tired, cold and sluggish all the time? According to this integrative doctor, the culprit could be something you'd never even considered

What if we told you that unlocking more energy could come down to showing a small butterfly-shaped gland in your throat a little TLC. Fact: as we age, hormone levels begin to drop. But what you may not realise? This doesn't just involve the usual suspects, oestrogen and progesterone, thyroid hormones decline, too. "I always check thyroid function when a patient complains of fatigue, but that doesn't mean I'll always find something," says integrative medicine expert Dr Tasneem Bhatia. That's because the subtle symptoms of an underactive thyroid (known as hypothyroidism), often appear long before blood tests hint at a problem. The good news? Being aware of the early warning signs can help get your thyroid health—and your energy levels—right back on track, naturally. Here, Dr Bhatia reveals how.

BECOME A SYMPTOM DETECTIVE

Feeling tired first thing in the morning isn't always just about lack of sleep, or coffee! It can also be a hallmark of weakening thyroid function. Mood changes, such as depression or anxiety, may also be subtle early warning signals. As can changes in hair texture, like thinning, breakage or noticing larger than usual clumps coming out in the shower. If any of these sound familiar, ask your GP to perform a detailed thyroid test.

SEEK OUT THE RIGHT SUPPLEMENTS

A diet rich in iodine, iron, selenium and magnesium is critical for healthy thyroid function. Since so many women's diets are lacking in these vital nutrients, I often recommend supplements—75 mcg of iodine, 30mg of chelated iron, 200 IU of selenium, and 200 to 400mg of chelated magnesium. Good to know: food allergies and intolerances, especially gluten sensitivity, are increasingly common thyroid saboteurs, so it's worth starting a conversation with your GP, if you're dealing with the double-whammy of food allergies and thyroid issues.

ZAP YOUR EVERYDAY STRESSORS

Constant stress is no friend of your thyroid. Why? It forces the tiny gland to work harder, overtaxing the organ to the point it starts to decline. The quick fix? Keep all forms of stress, from work pressure, to relationship drama, in check. Prioritise sleep and regular exercise (think gentle walks rather than killer gym sessions), and manage stress with regular deep breathing, yoga or time in nature. Whatever helps you tap into that sense of inner calm regularly will help do the trick. **P**



PROBLEM SOLVED: Pre-diabetes

If your blood sugar levels are through the roof, just a few changes could stage an instant diabetes detour

BY RICHARD LALIBERTE AND BONNIE CLEAVER

What is it?

If you're one of the millions of Australians whose blood sugar has shot to levels that are risky but not quite high enough to be considered full-blown diabetes, think of it as an opportunity. Yep, you read right, it's an opportunity—to do something positive for your health. While having pre-diabetes ups your odds of developing type 2 diabetes, heart disease and stroke, the good news is winding your numbers back to normal is entirely within reach. In fact, putting a few healthy lifestyle tweaks in place now and reducing your weight by as little as 5-10% can lower your risk of developing type 2 diabetes by a staggering 60%! Read on for the best ways to make sure that happens.

Fast lifestyle fixes

KICK THOSE EXTRA KILOS

Forget a drastic body overhaul. Small trim-downs still have a big impact when it comes to rewriting your diabetes destiny. Losing just 7% of your body weight (that's 4.8 kilos for a 68 kilo person) by eating a healthier diet helped people slash their diabetes risk by 58%, in the landmark Diabetes Prevention Program study in the US. Now that's worth taking notice of!

STEP UP YOUR EXERCISE

Or at least escape the desk and walk around every 20 minutes. The reason? It's one of the best ways to keep blood sugar from spiking after meals. Even better, active muscles use insulin more efficiently. Aim for 150 minutes of cardio and weight training a week. Not into the gym? Look for exercise that combines both cardio and weights, like outdoor boot camp or Xtend Barre (which fuses ballet and Pilates).

ADD APPLE CIDER VINEGAR

Sip this tangy tonic after a meal or before bed. Why? Researchers think vinegar may act similarly to diabetes medications due to one microscopic miracle-worker: its blood sugar regulating acetic acid. The recipe in one study: about 4 teaspoons apple cider vinegar and 1 teaspoon sugar substitute (optional) per 8 teaspoons of water. Added bonus: it's also credited with curbing cravings and revving digestion. Drink up!

EMBRACE YOGA OR MEDITATION

What's chilling out got to do with diabetes risk, you ask? Well, stress ups blood sugar levels, which does your body no favours. A stressed system pumps out hormones that control functions like heart rate and blood sugar to make sure you have enough energy to meet a threat. Strive for calm in the ways that work best for you. So, if you're not into meditation, try a gentle restorative yoga class instead. Alternatively, try some time sitting in nature. Free and 100% effective.

Tried & tested

Want to safeguard your health? One easy test is the best defence

Who needs a blood sugar test anyway?

The reality: being overweight (especially around the middle) and physically inactive raises a red flag. Even more pressing reasons to get pricked: high blood pressure or cholesterol, family history with diabetes or heart disease, or diabetes in pregnancy. Women with polycystic ovarian syndrome and those from an Aboriginal and Torres Strait Islander background could also benefit from testing. "Studies suggest that over 2 million Australians have pre-diabetes and up to 30% of them are likely to develop type 2 diabetes within five years," explains Diabetes Australia CEO Professor Greg Johnson. "But there's strong evidence the progression from pre-diabetes to type 2 diabetes can be prevented with lifestyle changes." Curious about your status? Head to checkmyrisk.org.au



**Fast
fact**

Pre-diabetes has no signs or symptoms. The only way to know for sure if you have it? See a GP to get your blood glucose levels tested.

Other options

CATCH MORE ZZZs

Turns out, sleep deprivation does more than just make you grouchy, it also derails your metabolism. The proof? People who clocked less than six hours a weeknight for six years were more than four times more likely to see their blood sugar levels climb. Even a small sleep debt can cause issues: those who got 4.5 hours of shut-eye for just four days became more insulin resistant, setting the stage for high blood sugar. The simple take-away? Prioritise bed-times!

DAILY MEDICATION

In many cases, a few tiny tweaks are all it takes to sidestep diabetes, but sometimes they aren't enough. That's where the drug metformin may help. Typically prescribed for those with type 2 diabetes, there's some evidence this clever pill can help prevent the progression of insulin resistance into diabetes. In a recent Monash University study, researchers found those who popped it daily saw improved insulin resistance and weight loss. It works by decreasing glucose production and boosting insulin sensitivity. Talk with your GP about it if you're under 45 or have a BMI of 35-plus.

WEIGHT-LOSS SURGERY

Yes, it's extreme. But for some people it's worth considering. Bariatric procedures can lower blood sugar and may reduce risk in people with pre-diabetes, partly by altering hormone levels that trigger insulin release. Diabetes Australia recommends surgery mainly for folks who already have type 2 diabetes, where lifestyle tweaks and medical treatments haven't worked. The only instances pre-diabetics get the green light to consider it? If they have a BMI over 40, or over 35 with an obesity-related condition. For the rest of us, it comes down to making simple healthy lifestyle changes, then reaping the (very sweet) rewards! **P**

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Fitness

FEELING STRONGER, FITTER & FIRMER AFTER 40 STARTS HERE

Same workout, better results

IF YOUR FAVOURITE MOMENT of a workout is turning off the treadmill, listen up! There could be a way to make time fly by! A new study from McGill University in Canada has revealed that acceptance and commitment therapy (ACT)—a psychological approach which teaches that feelings aren't good or bad, they just are—could help you push through a workout without keeping one eye on the clock. The proof? After being taught ACT techniques, women kept pedalling for 15% longer during a workout than when they attempted it prior to the lesson. But that's not all. They also reported higher levels of post-exercise enjoyment, which researchers say makes it more likely you'll stick with the routine. It's mind over matter, literally.

HOW TO DO IT: As you exercise, simply acknowledge any discomfort you feel and make a conscious choice to keep moving. Instead of thinking, 'I'm out of breath, I'm dying to stop,' think, 'I'm out of breath, but this is temporary. I can finish this workout.' Keep at it and you'll soon be pumping through your next spin class with ease.



BOOST YOUR BODY LOVE, FAST!

Not feeling amazing? Pick up some kettlebells and give them a swing. Yes, really! Research published in the international journal *Complementary Therapies in Medicine* found resistance training can give your body confidence a serious jolt. According to Wayne Wescott, PhD, director of exercise science at Quincy College in the US, strength training often delivers quick results, so as you watch your muscles rapidly gain definition, your body image and belief in what you're capable of gets a boost. The study found hatha yoga was also beneficial in upping self-esteem. It played a role in reducing fatigue and improving quality of life. For an overall mental makeover, try two or three strength sessions a week and hit the yoga mat for a few minutes each morning. You'll be giving yourself a virtual hug in no time!

**Become
a better
runner in
30 seconds**

Just focus on an often neglected muscle: the hammies. While you likely have quads of steel if you hit the pavement regularly, strong hamstrings are just as important for an efficient run, according to a study in the *Journal of Strength and Conditioning Research*. "In a well-oiled machine, the hamstrings and quadriceps appear to work together most efficiently when their strength is at a 1:1 ratio," says researcher Oyvind Heiberg Sundby. To hit that sweet spot, try a few lunges and step-ups.

150

The minutes of moderate exercise per week proven to power up your memory. That's just over 20 minutes a day—quicker than a jumbo crossword! So slip on those shoes and get moving for a sharper brain, now!

**ask the
expert**

WHAT'S THE BEST SNACK TO POWER MY WORKOUT?

Celebrity trainer Michelle Lovitt:
"My go-to pick is Greek-style yoghurt topped with a handful of almonds and a teaspoon of cinnamon, eaten about an hour before exercise. The yoghurt is high in protein—so you'll have plenty on board to help rebuild lean muscle post-workout. Even better? It also contains probiotics to counteract bloating. The monounsaturated "good" fat in almonds staves off hunger, and cinnamon ups insulin sensitivity, so you'll store less belly fat. The ideal healthy recipe!"

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Walk off more weight *instantly!*

Feel slimmer, fitter and healthier! These nine ridiculously easy ideas will take your next walk to a whole new level

BY MAGGIE SPILNER AND KATE WALSH

1 WHAT'S THE BEST TIME OF DAY TO WALK?

Honestly, any time! A walk in the cool morning or evening air can be a welcome relief from the relentless Aussie heat, while an hour of power during your lunchbreak will revitalise you for the afternoon and provide an instant hit of vitamin D. There's no best time, so just lace up those shoes and get moving.

2 SHOULD I EAT BEFOREHAND?

If you're planning to set a cracking pace or tackle interval training at 6am, keep breakfast small and simple—think a piece of fruit, or low-fat yoghurt. Why? The human body doesn't love digesting food and exercising hard at the same time. That said, a leisurely stroll after a large meal could help enhance digestion and burn a few extra kilojoules. If you do head out pre-breakfast, drink a nice, tall glass of water to ease any overnight dehydration. The only rule in regards to food? Listen to your body's cues.

3 HOW FAST SHOULD I BE GOING?

Try wearing a pedometer, or use a smartphone app like Map My Walk (free, mapmywalk.com/app) to track how far you've gone in a certain time frame. You can also take a stopwatch to time how long it takes you to blitz one kilometre. As a guide, if it's 12 minutes, you're travelling at about 5km/h, an average walking pace. If you've picked up speed and it takes about 9 minutes, then that's just over 6km/h. Simple!

4 HOW MUCH ENERGY DOES 1 KM BURN?

The average 68kg person burns between 200 to 250 kilojoules a kilometre. However, that changes depending on height, weight, fitness level, terrain, clothing and temperature. Trying to lose weight? Forget numbers. Instead, squeeze as much physical activity into your day as possible, including walking for at least 30 minutes. Your body will thank you.

5 WHEN SHOULD I GET NEW SHOES?

Replace your walking shoes when you've clocked up between 600 to 1000 kilometres. At that point, it doesn't matter if the shoes still look like they're in great condition, they've lost a lot of their cushioning and you could end up doing more damage to your body than good. New pair of Nike's anyone?

6 MY HANDS SWELL WHEN I WALK, WHY?

The first thing to know: swelling in your hands is totally normal. When you swing your arms, blood rushes down into your fingers, puffing up your hands. It isn't harmful, but it can be uncomfortable, so take off any rings before you walk. Alternatively, try squeezing your hands into fists from time to time.

7 HELP! MY LOWER LEGS REALLY HURT!

It sounds like shin splints, a common problem among novice walkers. It happens when you do too much too soon—something we're all guilty of

Fast fact

Amazing but true: clocking up at least 3500 steps a day lowers your diabetes risk by 29%!

every now and then! To avoid them, bump up your distance and pace gradually, and remember to warm up. Already overdone it? Try slowing down and stretching. Stand facing the nearest wall or tree, then lean forward, putting your palms against it and keeping heels flat on the ground. Or try sitting on a bench with legs straight out in front, and flexing your feet toward you. Still sore? Apply ice, wrapped in a towel, to the area for 15 minutes when you get home.

8 WHAT SHOULD I DO ABOUT HEEL PAIN?

Heel pain often results from a condition called plantar fasciitis—inflammation of the plantar fascia, a sheath of connective tissue that runs along the bottom of the foot. That's why stretching is so important. No relief after a week or two? Invest in better walking shoes or special inserts to keep your ankles from rolling inward (aka overpronating). You can find a qualified podiatrist in your area at the Australasian Podiatry Council website, apodc.com.au.

9 HOW CAN I AVOID BLISTERS?

In three easy ways. First, when you feel a 'hot spot' on your foot, act right away. Take off your shoe and apply an adhesive bandage over the affected area. Next, make sure your shoes fit both feet—often one foot is larger than the other. Lastly, wear socks made from fibres that wick away moisture. Skip the cotton in favour of synthetic blends. Happy walking! 

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Prevention

LOOK WHAT WE FOUND

Tennis anyone?

Out run, out hit and out play all comers with this hi-tech kit. Game, set, match!

BY SARAH LAKOS



1. Get a grip Ace your serve every time with Wilson Pro Overgrips (\$12.95 for a pack of 3, 1800 651 872) **2. Cool down** Improve muscle-recovery with Country Road's T Rhythmic Zipp-Up (\$119, countryroad.com.au) **3. Water on tap** Stay well hydrated with Lululemon's Pure Focus Glass Waterbottle (\$35, lululemon.com.au) **4. Look lively** In Adidas' Sport Performance breathable singlet (\$45, adidas.com.au) **5. Up your sun smarts** Keep your eye on the ball with Lululemon Perfect Pace Visor (\$35, lululemon.com.au) **6. Perfect match** Nike's Zoom Vapor 9.5 Tour Sneakers (\$180, nike.com.au) responsive cushioning ups agility **7. Don't sweat it** Keep your cool with Nike Swoosh Wristbands (\$11.99 for two, rebelsport.com.au) **8. Sports chic** Play with style in Lululemon's Pace Setter Skirt (\$75, lululemon.com.au) **9. Make a racquet** The springy and lightweight Wilson's Blade 98 S (\$299.95, 1800 651 872) hits the mark

FIND YOUR PERFECT Sports bra

Imagine a bra so comfortable you could almost sleep in it. Ban the bounce with four simple, science-backed tips that make buying the right size (and style) a cinch

BY KATE WALSH

When it comes to support during sport, wearing the right bra is a no-brainer. The reason? Your breasts can move up to 12cm when you run! But with more than 70% of women slipping on the wrong size, it seems many of us are in need of a quick bra-fitting lesson. To remedy that, we asked Dr Deirdre McGhee from Breast Research Australia (BRA) for her top four tips on finding the ideal workout fit.

FIRST, HIT THE CHANGE ROOMS

Dr McGhee's golden rule? Try before you buy! "Even if you have the best bra on the market, if it doesn't fit correctly, it's either too big or too small, then it won't limit your breast movement," she explains. "There's not one bra for every woman. You have to retry on each bra style, don't just go back each time and buy the same one." Breasts change with weight fluctuations and with age. Bra fit can also differ hugely between brands, so you won't necessarily stay the same size.

FIND YOUR BODY'S IDEAL FIT

Surprising but true: get the size of your bra band right first, ensuring your breast tissue is snugly in the cup and not in the band to ensure you're properly supported. The aim? The straps shouldn't take on too much of the weight. "You should be able to lift your arms up and down and the band shouldn't shift on your trunk," explains Dr McGhee. Next, select the right cup size by checking your breasts are flush with the edge of the cup—

if they bulge over, it's too small, while gaps or wrinkles in the fabric are a sign it's too big. Lastly, the front band should be flat on your breastbone and, when the straps are adjusted, they should be comfortable and secure, not cutting off your circulation!

GO FOR PRACTICAL DESIGN

There are two ways to limit bounce: "encapsulation", where each breast is supported separately through seaming or underwire and "compression", where breasts are held against the chest (think a crop top). Get chafing or sweating? Dr McGhee suggests a bra that encapsulates each breast, rather than one that pushes them together. Women larger than a DD cup might need to wear two bras (a bra and a crop top for instance), while just a crop top may be enough for gentle exercise (like yoga) or smaller breasts. No matter what your size, features like wide cross-straps, strong elastic and coverage of the whole breast are important. Mesh panels and moisture-wicking fabrics are another must during more intense sweat sessions.

TAKE IT FOR A TEST DRIVE

The amount of support you need will vary depending on the type of exercise you're doing—a vigorous jog requires more support than a walk or a Pilates class. Don't be afraid to jump around in the fitting room to see how the bra feels when you move. Still not sure where to start? Check out our top picks at right. Bounce be gone! **P**



App we're
loving...

SPORTS BRA (iTunes, free) Want to make your trip to the fitting room even easier? Breast Research Australia has developed a clever app to help you choose your perfect sports bra. Other reasons we love it? Handy videos that demonstrate how to correctly put on a bra for maximum support, plus a spot to save your favourite styles for future reference.



PHOTOGRAPHY: JUMP FOTO

70%

How many women reported breast discomfort during their jog, according to a University of Wollongong study. Another reason to get a good fit, stat!

Fitness



Best for yoga

Downward dog? Target's Low Impact Sports bra (\$25 for 2, target.com.au) makes it easy



Best for running

Ace a 5k in the triaction Extreme Moulded W bra by Triumph (\$49.95, au.triumph.com)



Best all-rounder

The Berlei Electrify Underwire Bra (\$54.95, berlei.com.au) will keep you supported



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Speed up wearing the Bendon Active contour balconnet bra (\$49.95, bendonlingerie.com)

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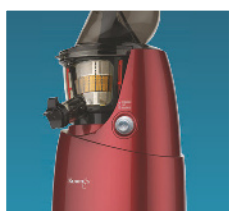


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Nutrition

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The heart health superhero

BOWL OF BRUSSELS? BRING IT ON! If your lunchtime salad normally features kale or a sprinkle of sprouts, or your dinners include a side of steamed bok choy, cabbage or cauliflower, you can thank them for yet another reason: lowering your inflammation levels. Why that matters? Leading doctors and wellness experts believe it may sit at the heart of chronic conditions, from cancer to cardiovascular disease. The proof: women who reported eating more cruciferous veg (which are also high in vitamins C, K and E) had up to 25% lower levels inflammation markers than those who didn't partake, according to a study in the *Journal of the Academy of Nutrition and Dietetics*. While eating more vegetables in general also cut inflammation, none had a greater impact than the cruciferous kind. Bravo, brassicas.

A GREAT REASON TO EAT MORE CARBS

Great news for bread lovers! A new paper in the *American Journal of Epidemiology* found that those who ate a high-fibre diet, particularly where most of the fibre came from whole grains like wheat and oats rather than fruit, were 23% less likely to die of any cause than those who skimped on the vital nutrient. The Dietitian's Association of Australia recommends at least 25g of fibre a day for the best benefits. An easy way to up your intake? Go for wholegrain bread, looking for loaves that feature grains like oats or barley. Spread each slice with avocado or hummus and fill it with a good source of protein, such as lean turkey or chicken and loads of vegies for a satisfying lunch. Bon appetite!



**Good
mood
food,
found**

Feeling blue? Think twice before reaching for the chocolate—eating the healthy stuff is more likely to turn your frown upside down. A survey of 14,000 people in England found consumption of five or more servings of brightly coloured fruit and veg a day was associated with higher levels of optimism, happiness, self-esteem and resilience. So next time you're feeling a bit blah, munch leafy greens, carrots or oranges to feel peachy in no time.

30%

The amount you could lower your risk of age-related macular degeneration by eating more foods typical of Asian diets (think vegies, seafood and beans) compared to those high in sugar and fat. Good to know!

Instant update

3 NEW WAYS WITH GREEK YOGHURT

It's more versatile than you might think! Foodie Sarah Toland and chef Maria Loi share their fave ways to use it.

1 TENDERISE MEAT: Increase the juiciness of your roasts by marinating them overnight in the yoghurt mixed with herbs and spices. Think lamb cutlets with lemon and mint. Mmmm.

2 TRY A TRIFLE: Layer yoghurt with pomegranate, walnuts and honey in a tall glass for a gluten-free treat. Perfect for a simple breakfast or as a post-dinner sweet.

3 TOP DESSERTS: Instead of sugary whipped cream, serve your favourite pie, cake or tart with a dollop of rich Greek yoghurt. Your hips (and lips!) will thank you for it.

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GROCERY GURU

Juices

Need to quench that thirst fast?
We asked a dietitian to decode
six sweet sips. Drink up!

BY KATE WALSH



Green goodness

Pressed Juices, Greens 1, 470ml

If you don't have time to whip up your own green juice, this one is just the ticket. With spinach, cucumber, lettuce, celery and kale, you'll get a serious veggie hit. "Juicing is a great way to increase daily consumption of the nutrients found in vegetables," says accredited practising dietitian Julie Masci (newlifenutrition.com.au). Make sure to eat plenty of whole veg, too, to boost your daily fibre intake.

To buy: \$9 at pressedjuices.com.au

Antioxidant power

POM Wonderful 100% Pomegranate Juice, 473ml

Love pomegranates, but find de-seeding them excruciating? You can get your fill of the ruby fruit with this antioxidant-packed drink instead. "There's preliminary evidence to suggest antioxidants in pomegranates may benefit heart health by lowering blood pressure," explains Masci. Our tip? Drink this little beauty ice-cold.

To buy: \$3.98/\$4.98 at Coles and Woolworths stores nationally.

Vitamin C hero

Charlie's, Honest Squeezed Orange Juice, 300ml

When you think juice, more often than not OJ comes to mind. There's nothing in this one but squeezed oranges, vitamin C and citric acid for natural preservation. "Orange juice is an easy way to add vitamin C for those who eat limited fruit and veg," Masci adds. If you get enough C from fresh produce, then an extra hit isn't really necessary—just enjoy the taste.

To buy: \$4 at Harris Farm and IGA.

The easy way to slash sugar

Watch the serving size! According to Masci, the ideal amount of juice is 125ml. "Although the sugar in 100% fruit and veg juice is from natural sources, it's important to be aware of these levels," she explains. Or add water for a longer drink, minus the sugar.



Clean and simple

Preshafruit Juice, Apple & Raspberry, 350ml

Keep it real with this pretty in pink beverage. Cold pressed with 95% apple juice and 5% raspberry juice as the only ingredients, you get a sweet, summery taste without any hidden nasties. "Limiting added preservatives, additives and added sugar is important in a balanced diet," says Masci. Sounds good to us! **To buy:** \$3-\$3.55 at Woolworths, Coles, Costco, IGA and FoodWorks.

All natural

Super Nudies, Green, 250ml

Like a salad in a cup, this drink has all your faves: pureed fruits including pear, banana and passionfruit and the juice of great greens like kale, cucumber, parsley and celery. Given that there's more fruit than veg in this bottle, Masci suggests drinking a serve in place of a piece of fruit to keep your sugar and kJ intake in check. Shake it up and slurp slowly! **To buy:** \$2.99 at Woolworths and Coles supermarkets.

"A" plus

Pro Juice, Carrot, Apple, Turmeric and Ginger, 300ml

Help give your night vision a boost with this bright bottle. "Carrots provide an excellent source of vitamin A, with one cup of carrot juice providing over 300% of the average adult's daily requirements," explains Masci. Carrots are also a great source of vitamins C and E. You'll also get the anti-inflammatory power of turmeric and ginger. Bonus! **To buy:** \$8.50 at prodjuice.com.au



Hummus

the dip you need now!

Turn your next snack into a gourmet platter. Just tweak a humble tub of hummus. On top of being 100% delicious, it's also your body's new secret weight-loss weapon

Good news for self-confessed hummus lovers—the lemony, garlicky squished chickpeas are a staple for the slim. Not only is hummus delicious, research from the *Journal of Nutrition & Food Sciences* found regular hummus eaters tend to weigh less and have smaller waists than those who decline to dip. Even better, chickpea consumption was associated with a higher intake of vital nutrients such as dietary fibre and potassium—another great reason to scoop some onto a water cracker! But if you're getting bored with the plain, store-bought versions, take the flavour up a notch with these fresh stir-ins.

Spinach-Feta: Go green and give your veggie intake a little boost by mixing hummus with 100g of pureed spinach. Add 3 tbs of crumbled feta for a salty kick and try not to eat the whole bowl!

Spicy Jalapeno: Heat things up by combining the dip with 1 tsp of pureed diced jalapenos and 2 tsp of coriander. Drop in 2 tsp diced red onion and you have a tastebud-tingling cracker topper.

Guacamole-Lime: Try a healthy Mexican makeover by stirring in a pureed avocado and 3 tbs of fresh lime juice. Add 1 diced tomato and serve with tortilla chips. Sombrero optional!

Olive-Pepper: Chop a roasted red capsicum and puree. Stir 2 tsp of the paste into the hummus and sprinkle with $\frac{1}{4}$ cup pitted kalamata olives. Perfect with toasted pita bread. **P**

Another year older. yay.

Unless you're seven years old, the prospect of another birthday is not something most of us get too excited about.

It's not just concern over furrowed brows and sagging skin, but other functional changes that can come as part and parcel of the ageing process.

Why can't we stay young forever, anyway?

Plump, smooth, firm skin is the result of collagen and elastin being flexible and allowing moisture to be maintained. Similarly in blood vessel walls, collagen helps to keep these flexible and healthy.

According to the cross-linking theory of ageing, over time proteins (such as collagen and elastin) bind together making tissue more rigid and less flexible. This causes sagging and wrinkles in the skin.

The free radical theory of ageing ascertains that free radicals that we encounter daily in our environment (from pollution, chemicals etc.) cause chain reactions of damage at a cellular level. Antioxidants may help minimise free radical damage.

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CHC270296-0215

6 kooky new superfoods

you've never heard of

From the mountain peanut to edible sea vegetables, we gazed into our nutrition crystal ball to predict these hot new trends

BY KATE WALSH

KALETTES

Brussels sprout meets kale

It was only a matter of time before we found a way to improve kale. Kalettes (also known as flower sprouts) are a cross between kale and Brussels sprouts, created through some very clever cross-pollination rather than genetic modification—a big plus! “They’re milder and less bitter than kale and Brussels sprouts, offering a sweeter and nuttier flavour,” explains nutritionist and health coach Jan McLeod (madforhealth.com.au). “One and a half cups provides about 40% of daily vitamin C intake and contributes to your intake of vitamin A, iron, calcium and protein.” The new green veggie will hit our shores later this year, so for now you’ll have to pair its parent plants as a side instead.

MATCHA

Powered up green tea

It’s green tea, turbocharged. Finely ground from the whole tea leaf, matcha is a cupful of goodness—it’s higher in caffeine than other teas, and research suggests it contains more antioxidants than other green teas. Like all green teas, it contains a flavonoid called catechins that helps to prevent stress and chronic disease. “I’m a fan of all green teas, particularly those that are organically produced,” says McLeod. “I recommend my clients aim to include one cup a day.” Try an authentic matcha tea by whisking the powder with boiling water and sipping slowly and mindfully as a morning coffee alternative.



Kalettes

SACHA INCHI

Omega-filled Amazon seed

It's also known as the mountain peanut, but that moniker doesn't sound anywhere near as exotic! Native to Peru, you can source this little beauty whole, in powder form or as an oil to add a dose of healthy fats to your day. "One serving (28g) contains 6g fibre, 9g protein, is rich in omega 3 essential fatty acids and will help contribute to daily intake of calcium and iron," says McLeod. But as with all energy-dense nuts, moderation is key, so keep an eye on those portion sizes.

SEA VEGETABLES

Nutrient-rich seaweed

Don't worry; you won't have to don a snorkel to enjoy these underwater plants. Sushi fans have most likely heard of nori, but there are a host of nutrient-rich seaweeds to choose from—kelp, dulse and wakame to name a few. According to McLeod, seaweed, particularly brown varieties, is high in iodine, crucial for the thyroid gland to operate, and is a good source of minerals and B-group vitamins. "They're also a rich source of fibre, essential for good gut health, weight management, and supporting stable blood sugar levels," she adds. Some types are high in sodium, so eat sparingly if you're on a low-salt diet. Sprinkle seaweed flakes into your smoothies, soups or salads.

GUBINGE

Plum source of vitamin C

This humble Aussie fruit has a huge claim to fame—it's the highest known source of vitamin C on the planet. Amazing! Gubinge, which also goes by the name Kakadu plum, is a good source of antioxidants. "There's been limited research to date, however initial investigations indicate its potential health properties may have a wide range of applications," predicts McLeod. Keen to try it? When buying gubinge products, check to see how the fruit has been extracted and how high the vitamin C level is so you can ensure you're getting the best quality.

Sacha inchi



Gubinge

LUPIN

Hunger busting legume

This yellow legume is quite the multitasker—it's high in protein, chockers with fibre and low GI, which helps you stay fuller for longer and keep blood sugar levels steady. "Protein-rich foods promote satiety and reduce the glycaemic impact of other carbohydrates in a meal. Foods such as lupin are great for those with insulin resistance, type 2 diabetes or seeking to lose weight," says McLeod. Lupin flakes can be mixed in with burger patties or salads and are a great gluten-free flour alternative for cakes and muffins. It's related to the peanut, so McLeod advises anyone with an allergy to proceed with caution. **P**

NEW TREND: Ugly veg

While avid veggie gardeners realise not every tomato is plump and perfect, you wouldn't know it looking in the produce aisle. But that's changing as supermarkets commit to selling wonky produce, often cheaper than their more 'perfect' cousins, to reduce food waste and encourage people to eat more of the green stuff. So don't fret if your apple has a few more blemishes—it's just as good for you!

EAT IT NOW Chilli

Kickstart your health with this kilojoule-burning gem BY SARAH LAKOS

The lowdown

Curb cravings, clear your sinuses, combat cholesterol, boost your immunity *and* fight off cancer cells with the addition of chilli to your next salad, soup or stir-fry. It's all thanks to capsaicin—the compound that packs a fiery, flavourful punch. Skip cold and flu tablets the next time you're feeling congested; too-good-to-be-true capsaicin is also responsible for decongesting secretion-producing glands that line airways—making your nose run and eyes water. This, coupled with its rich store of vitamin C and beta-carotene, makes chilli a powerful natural remedy and an all-round free-radical fighter. To sweeten (or spice!) the deal, the heat generated from eating chilli burns energy! Think a kick of extra flavour, without all the extra kilojoules!

How to buy: Look for intensely red, glossy skinned chillis. The stems should be firm and bright green.

Why it's a winner

- ✓ Get a capsaicin hit by eating fresh, dried and powdered chilli—all year round!
- ✓ Evidence suggests it can help lower LDL cholesterol
- ✓ Experts believe its hot bite may overwhelm taste-buds, reducing cravings fast



So why not try these...

- 1 Fry** up diced chilli and add to your favourite bolognese sauce for an instant flavour kick.
- 2 Sprinkle** fresh chilli (minus the seeds) over chicken soup—a true winter warmer!
- 3 Mix** corn kernels, mint, avocado and finely sliced chilli together to make a tasty salsa side.

Menopause doesn't have to drive you crazy

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mood swings

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Cultivate some self-kindness

YOU RAN LATE FOR A MEETING, had a huge argument with your partner and ate half a block of dark chocolate at 11am. The best comeback to a better mood? Going easy on yourself! People who practise self-compassion (being kind and forgiving towards their perceived imperfections) are much more likely to turn their moods around than those who ruminate, according to an Australian National University study. Research also shows self-compassion can make you more likely to exercise, avoid overeating, and reach your goals. Looks like self-love is the new self-esteem!



FIND YOUR PURPOSE, BOOST YOUR LIFESPAN

Cultivating whatever gives your life meaning, whether that's penning a novel, growing your small business or volunteering, could buy you more time to enjoy doing just that! That's the latest from a University College London study, which linked a deep sense of purpose to a longer lifespan. Exploring levels of eudemonic wellbeing, researchers found those with the highest scores lived two years longer than their glum peers. Need inspiration? April is Earth Month, and to help WaterAid improve access to safe water around the world, Aveda Australia will donate 100% of the proceeds from their limited edition Light the Way candles to the organisation. What a great idea!

The easy mind hack: embrace mistakes

Learning a new skill and can't quite seem to nail it? Go ahead and mess up a few times! Your brain's motor control centre, the cerebellum, has a coaching mechanism that automatically and unconsciously logs—and then learns from—errors, speeding you towards greater proficiency with every gaffe you make, according to the US journal *Science*. Yep, practise really does make perfect!

1 in 8

That's how many GP consults are for mental health issues. The take-away: don't hesitate to flag mental health issues with your doctor; you're in very good company!

DIY stress fix

BAD DAY TWO CHOICES

Someone just majorly ticked you off. What you do next will have either uplifting or rather sobering implications for your health. Here, we reveal the upshot of how you deal with frustration.

1 RAGE ON
Yes, it's tempting to speak your mind (loudly!), but it's not a great choice. In one *Journal of Epidemiology & Community Health* study, frequent squabblers had double the risk of death from all causes. Not ideal!

2 FORGIVE
Smart move! Letting things go is linked with heart helpers such as better blood flow and a more efficient heartbeat.

BOTTOM LINE:
The occasional tiff won't kill you. But making a conscious choice to be the bigger person may ultimately mean being a healthier one, too. We like it!

Rest Refresh Revitalise

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New trend yoga fusion getaways

Want to hone your headstand and learn to cook, at the same time? A new breed of wellness holiday is promising to deliver

BY BONNIE CLEAVER

Once upon a time, the great Aussie holiday was a fairly simple affair. Sun, surf, sand or perhaps just two weeks in a sleepy coastal retreat. But these days the growing multi-tasking trend has meant time-poor consumers in need of R&R are demanding more from their escapes. Enter yoga fusion holidays—a new breed of health retreat that pairs yoga with a range of health-boosting activities, from cooking classes to mindfulness training or even stand-up paddle boarding. Yep, the old yoga getaway just got a whole lot more interesting!

YOUR IDEAL YOGA COMBINATION

So why yoga? That's a very good question. There's no denying this ancient art is enjoying a serious popularity surge right now. According to the Australian Bureau of Statistics, national participation in yoga grew to 350,000 people in 2011/12, an increase of 28% from 2005/06. To put it in context, that trumps participation in Aussie Rules football, dancing, cricket and even surfing! But despite our devotion to the downward dog, we're also a nation of wellness maximisers: we want to optimise our health gains on as many fronts as possible—beyond the yoga studio. “There used to be a trend in wellness retreats where people would go and do yoga all day long,” explains Samantha Lippiatt, director of Melbourne-based Health and Fitness Travel (healthandfitnesstravel.com.au). “Now, we find people only want to do one, two or maybe three classes in a day, and they want to combine it with another interest, for instance spa treatments, fitness training or detoxification.” Overall, she says, it reflects a broader social trend whereby people just want

more out of life in general. The pay-off? Yoga is still core to this style of retreat, but building in other activities means adding new skills to your wellbeing ‘toolbox’. And if you're wondering what kind of power pairings are out there, the answer is, everything! Think yoga plus a taste of wine appreciation in Tuscany (yes, really!), check out adler-thermae.com. Or optimising your health with the principles of Ayurvedic medicine, something wellness-seeking travellers can take advantage of at the five-star Como Shambala Estate in Bali (comohotels.com/comoshambhalaestate), complete with a private pool and gourmet meals. Yep, sounds like our idea of heaven.

WHY THEY'RE BETTER TOGETHER

While it's hard to emerge from a yoga retreat without feeling renewed, opting for a fusion-style holiday may have even more benefits, thanks to the synergistic powers of certain activities. Stand-up paddle boarding and surfing, for instance, go well with yoga. “Your yoga practice can support your surfing, by opening up previously tight parts of the body, mastering the breath, helping you tune into your body as a whole, and developing your awareness of movement,” explains Claire Nettley, president of Yoga Australia. Similarly, a yoga/detox retreat provides a holistic, well-rounded approach to cleansing. Or if you're the sort of person who struggles to sit still (let alone in the confines of a yoga mat!), a retreat that pairs bend and stretch sessions with dynamic pursuits, like hiking or rock climbing, provides an ideal blend of activity and relaxing down-time. Looking for your perfect holiday fit? Turn the page for three of our top picks. ►



PHOTOGRAPHY: GETTY IMAGES

39%

How many Aussie yoga lovers are aged 45 and over. That's what we call being in some seriously good company!

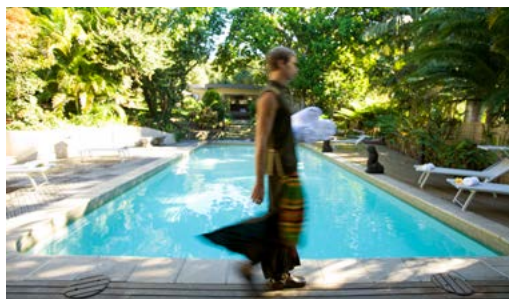


You want: **YOGA + SPA TREATMENTS**
GO TO... *Gaia Retreat & Spa, Brooklet, NSW*

How does a luxurious tailored facial treatment followed by a foot ritual, hand and arm massage and a heat infusing back treatment sound to you? Heavenly, right? It's just one of a spectrum of spa treatments on offer at Gaia, which along with massages, facials and body polishes, includes a Cleopatra bath with milk and rose petals, traditional Indian head massage, esoteric healing and hypnotherapy. "We choose only the most highly trained practitioners who bring their skills, heart and soul to work every day and this shines through in every treatment we do," says spa manager Naomi Quarrell. Yoga is also a mainstay of Gaia, with Hatha-based classes on offer every morning. "It sets people up for the

rest of the day feeling stretched, strengthened, peaceful and balanced," says principal yoga teacher Danielle Davis. Where do we sign up?

gaiaretreat.com.au



You want: **YOGA + MINDFULNESS**
GO TO... *Billabong Retreat, Sydney, NSW*

What if in just two nights, you could train your busy, racing mind to calm down and just be in the moment? That's exactly what you'll get out of a mindfulness-focused yoga retreat at Billabong, which promises to help refine the "mind's habitual patterns to achieve improved functioning." Yoga is a pretty special activity here too—it's done in a studio with a serene outlook to the surrounding towering trees. A cosy communal dining room means you're sure to make some new connections—and enjoy nourishing organic vegetarian meals. Our tip: put in a special request for the avocado cacao mousse with raspberries and coconut cream.

billabongretreat.com.au

You want: **YOGA + HIKING**
GO TO... *Aro Ha, Glenorchy, South Island, New Zealand*

There's your regular power walk at the gym or around the block. Then, there's subalpine hiking in the breath-taking surrounds of Aro Ha, a sustainable retreat on the shores of Lake Wakatipu on New Zealand's South Island. Sound good? You can expect between one to four hours of guided hiking a day. "Hiking allows us to work on endurance, cardio and balanced contralateral movement. Yet the power of nature to restore our connection to life's purpose is what it's all about," says retreat co-creator Paula Ryan. As for the yoga element? A morning Vinyasa session and an evening restorative yoga class are a core part of your time here. In a word, unforgettable!

aro-ha.com



How to pick the perfect retreat for your needs

With so many tantalising options, how's a yogi to decide? Meditate on it—or simply ask yourself these three questions:

What do I want to get out of it?

Knowing the answer to this question is the key to unearthing your dream destination. "Think about why you want to go on the retreat, whether it's to achieve wellbeing goals, learn some new skills or just totally disconnect," says Lippiatt. Holiday high-achiever? It can be tempting to pick the most ambitious option—but don't overlook a gentler style of retreat. Be honest with yourself and choose something attuned to your needs.

Where do I want to go?

Tropical island? Europe? Somewhere exotic like India or the Philippines? These days the options are endless. Make a list, narrow it down then start researching, being guided by your budget and the time you have available. In this case, the net is your friend.

Who are you travelling with?

Whether you plan to fly solo or take a friend definitely counts. Yoga fusion retreats are ideal for solo travellers; as well as classes, many also have communal dining tables so you're sure to meet plenty of like-minded people. **P**

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Win at work-life *balance this year*

Step away from the computer! This quick quiz could totally revolutionise your world

Decades ago “nine-to-five” used to be synonymous with work. Now, though, welcome to the new normal: everyone’s over-booked, constantly plugged-in, and leaving at 6pm is your idea of cutting back. Research from the University of Bergen has revealed that in Norway, nearly 10% of the population is hooked on work to the point it’s affecting their health. And here, 57% of women admit their job interferes with their life. The question is, how do you tell the difference between enjoying your job, and being a certified workaholic?

TAKE THE TEST: WORK-LIFE BALANCE, RATED

Simple! Do a quick assessment of your work-life and then ask yourself how often you identify with these statements:

- ☐ You focus on how to free up more time to work.
- ☐ You often spend longer at your desk than intended.
- ☐ You work like a woman possessed in order to block out feelings of guilt, anxiety or helplessness.
- ☐ You’ve been told by people you love to cut down on work countless times, but haven’t listened.
- ☐ You feel anxious if you’re stopped or distracted.
- ☐ You put hobbies, friends or exercise after career.
- ☐ Long hours have negatively impacted your health.

HOW TO DIAL DOWN WORK COMMITMENTS

Now for the moment of truth. If you said “often” or “always” to four or more, you may be a workaholic, according to University of Bergen study author Cecilie Schou Andreassen, who developed the scale. But the solution isn’t to stop working (because really, who can anyway?), says Elizabeth Lombardo, psychologist and author of *Better Than Perfect: 7 Strategies to Crush Your Inner Critic and Create A Life You Love*. It’s a matter of setting priorities and boundaries. Here’s how to start.

CREATE A LIFE YOU TRULY LOVE, TODAY!

- 1 TAKE STOCK.** Pick three values you want to develop in yourself, whether they’re relationship-based or personal, and make those your focus when you’re off the clock.
- 2 SET BOUNDARIES.** Guess what? People will respect you more when you respect your own time. Let colleagues know when and how you can be reached if necessary, and stick to it.
- 3 RETHINK RELAXATION.** We’re talking a five-minute mini meditation break during your workday or setting the alarm 20 minutes earlier for a morning walk, not a three-week vacation in the south of France (although that’s good too!). “We’re so much more productive and profitable when we take breaks,” Lombardo adds. Amen to that! **P**



BY JESSICA CHIA PHOTOGRAPHY/PLAIN PICTURE.

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This professional-grade Kabuki brush is ideal for mineral make-up, bronzer and blush application and comes in a handy pouch to contain any remaining loose powder.
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A close-up photograph of a woman's hands holding three fresh salmon fish. The hands are adorned with a diamond ring on the ring finger, a matching diamond bracelet, and a diamond watch. The woman has red nail polish. The fish are splashing in water, creating bubbles and droplets. The background is dark and reflective.

Beauty

FAST, EASY WAYS TO LOOK AS GOOD AS YOU FEEL

The new adult acne fighter

WANT TO CREATE CLEARER SKIN, NATURALLY? According to a recent South Korean study, taking fish oil supplements may not just be good for your heart, they could also be a win for breakout-prone skin. The reason? Omega-3 fats reduce inflammation and may decrease concentrations of a hormone linked to increased oil production. Participants who took 2000 milligrams of omega-3 supplements daily for 10 weeks saw a 42% reduction in pimples, while the level of inflammation decreased by 25%. Grilled salmon, anyone?



Bump up your moisture barrier

Not hooked on coconut oil yet? You will be now! A recent study has revealed that topical virgin coconut oil decreased water loss in the skin of those with atopic dermatitis, an inflammatory condition where the skin's moisture-locking barrier is compromised. Skin loses its ability to retain water with age, so slather on coconut oil for a hit of hydration.

3 times a week

The number of sexual encounters a UK study found could make you look five to seven years younger. Now that's one very surprising anti-ageing solution.

60-second fix

ANTI-AGE YOUR HAIR

Yes, it's possible! Hair becomes drier and more porous with age, making it vulnerable to damage. And the culprit could come from an unexpected source: swimming. Whether you cool off in a pool or the ocean, trichologist Elizabeth Cunnane Phillips reveals how to keep hair healthy with this easy action plan.

BEFORE: Saturate your hair with fresh water. Why? That one quick rinse means it can't absorb as much salt or chlorine.

DURING: Keep hair tied in a braid or bun to minimise the surface area exposed to water. We like **Lady Jayne Super Hold Elastics** (\$7.59, 1800 651 146), they're snag-free and won't cause breakage when removed. Genius.

AFTER: Gently comb out tangles and, if you can, rinse again with fresh water. Try: **Tangle Teezer Salon Elite** (\$29.95, phoenixnationale.com.au), which smooths the cuticle and boosts shine.

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WHAT MAKES OURS THE SUPER OIL.

Overnight miracle workers

Wake up looking younger! The new breed of time stoppers perform magic while you sleep

BY AIMÉE LEABON

Layering creams, serums and SPF is a morning mantra for most women 40+. But by the time you've crammed in a full day at work, a Pilates class and made dinner, it's likely your after-hours skincare routine doesn't rate the same attention. But know this: the evening hours are critical for skin, according to dermatologist Dr Stephen Shumack. The reason? It's when the magic happens. "Skin is resting at night and isn't in contact with the normal traumas associated with day-to-day living such as temperature, wind and sun exposure," he explains. "It's the time of day when the body's energy is directed towards skin repair." In other words, it's crucial to anti-ageing success.

CLEANSE & MOISTURISE

The foundation for younger, healthier skin starts with a deep cleanse. Swap foam formulas for gentle creams and speed up night-time prep with a sonic brush, such as **Clarisonic Aria** (\$245, clarisonic.com.au). These double-action devices cleanse and exfoliate to remove dirt without irritating skin. Then, it's all about hydration. "As we age and become more sun damaged, skin is less able to hold water to maintain moisture levels," adds Shumack. "Women can use much thicker creams in the evening than the lighter lotions layered under make-up during the day."

THE NEW POWER SERUMS

Not using one? If you're looking for serious results, you should be. Serums deposit active ingredients deep into the dermis, so select a formula that best suits your skin concerns. "These contain high concentrations that aid in skin repair processes," explains Shumack, who suggests waiting an hour before applying your moisturiser to avoid diluting the anti-ageing actives.

WHY YOU NEED NIGHT CREAM

Finally, lock in moisture with a dedicated night cream. It may seem like a big expense, but they're worth it. "These creams are thicker and more nourishing—look for a product that won't block pores but is reasonably rich to provide a good moisturising action." The result? A more youthful complexion come sunrise.



PHOTOGRAPHY: EDWARD URRUTIA



4



5



6

6%

How much healthier people looked after 8.45 hours sleep compared to those who snoozed for just 5 hours in one recent study

The Crow's Feet Corrector

Trilogy Eye Contour Cream

(\$44.95, trilogyprouducts.com) restores firmness, fast, thanks to a potent blend of botanicals, antioxidants and essential oils. Apply with your ring finger and pat around the eye contour.

The Complexion Brightener

Clinique Even Better Clinical Dark Spot Corrector

(\$62, clinique.com.au) has been shown in trials to boost radiance and improve the appearance of dark spots by 58% after 12 weeks of use. Bonus: it works on past acne marks, too.

The Dark Circle Corrector

Packed with peptide technology, Dr LeWinn's Ultra R4 Eye Repair Cream (\$69.95, drlewinns.com.au) works to gently fade dark circles and reduce puffiness while firming the skin in this delicate area.

The Pigmentation Pusher

Not only does Estée Lauder's Enlighten Dark Spot Correcting Night Serum (\$140, esteelauder.com.au) minimise dark marks while you sleep, the antioxidant complex defends against the formation of future pigmentation while you're awake. Amazing!

The Instant Skin Firmer

Jurlique Nutri-Define Rejuvenating Overnight Cream

(\$130, jurlique.com.au) combines the latest science with plant extracts for smoother, firmer looking skin and more defined facial contours.

The Wrinkle Smoother

Dermalogica Age Smart MultiVitamin Power Serum

(\$87.50, dermalogica.com.au) boasts an antioxidant cocktail of vitamins A, C and E to smooth fine lines, up elasticity and defend against environmental ageing. **P**

5 OF THE BEST Wonder oils

Nourish and protect, naturally!
Just a few tiny drops of these
power products is all it takes

BY AIMÉE LEABON



Left to right: **The Time Stopper** Sisley Black Rose Precious Face Oil (\$250, davidjones.com.au) boasts plant-based actives and botanical extracts to stimulate hyaluronic acid production for plumper skin and fewer fine lines. **The Radiance Booster** L'Oréal Paris Age Perfect Extraordinary Face Oil (\$39.95, selected pharmacies) offers eight essential oils to restore a natural glow to any complexion. **The Skin Nourisher** Revitalise dry skin with Yves Saint Laurent Or Rouge Oil (\$200, davidjones.com.au), which contains hero ingredient saffron oil to shield against free radical damage. **The Strand Softener** Apply a few drops of Redken Diamond Oil (\$49, redken.com.au) to the midlengths and ends of hair to infuse moisture sans greasiness. **The Body Replenisher** Massage Mecca Elixir Luxury Body Oil (\$98, mecca.com.au) to damp skin post-shower—a combination of botanical oils and antioxidants boost moisture and fade stretch marks.

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Prevention

health future forever. Get ready to be seriously inspired by what they have to say

Photography Michelle Holden Styling Lara Lupish

Rebecca Gibney

NATIONAL PREVENTION WEEK MENTAL HEALTH AMBASSADOR

As told to Kate Walsh

Mental health is a cause very close to my heart. Largely because from the age of 15, right into my 30s, I had severe anxiety and didn't really know what to do about it. In those days no-one really talked about anxiety, we just thought 'Well I'm a bit stressed, so I'll just deal with it on my own'. Then of course the anxiety got worse and worse and culminated in bit of an emotional collapse in my early 30s. I ended up needing to see a psychiatrist, who I saw on and off for a couple of years after that. The big thing I learnt looking back? If I'd gotten help earlier, it probably wouldn't have resulted in what it did. I went through a very difficult period for a good few months and sunk into quite a deep depression.

I didn't share it with my family and friends initially. That's why it built up to a point where I was having anxiety attacks, virtually one on top of another—they used to be monthly, then they become weekly, daily and in some cases every hour. I couldn't explain it because on the surface my life looked perfect. I had a wonderful job, great friends and a fabulous family, so consequently I felt guilty.

For me it was unresolved issues from my childhood, and feelings of self-loathing, that had grown over the years I wasn't aware of. I needed to stop and look at those things. Having come out and spoken about it since then, my poor mum was like, "Why didn't you tell me?" The fantastic thing is once I did make it public, the support I received and the amount of people contacting me saying, "Thank you so much for sharing your story, I understand now why I feel like this" was absolutely incredible.

I haven't had an anxiety attack for a long time now. And when I start to feel like I'm stressed, I have tools to know exactly how to deal with it. Once you have them, they're with you for life. I know many people who are affected by depression, anxiety and bipolar disorder, so I just want to raise awareness. It's estimated that nearly one in two Australians, at some time in their lives, will suffer from a mental health issue, so we need to make it something that's like going to a doctor for a physical problem. We go to a doctor when we get sick or break our arm, so we need to be able to seek help when we have the same thing happen with our mental health.

The great thing about talking about it is the minute you bring it out into the open, it loses its power over you. More often than not, it's fear that's the barrier, and once you bring it out publicly and

you're able to look at it in a rounded kind of way, it almost immediately takes that fear away.

When my head feels like it's going to explode I take myself to a quiet place and meditate for 20 minutes. For me it's about getting back to the present moment, taking deep breaths and realising that all I have is this moment, I don't have next week, I don't have tomorrow, I can't stress about it. I'm very blessed to be surrounded by fantastic friends and family and to have a wonderful job that I absolutely love to do.

Getting out into the fresh air and going for a walk or run is the best thing for me. I'm not a gym person at all! I love being near the ocean or in the middle of nature because I'm reminded how small I am, how big the world is and how incredible nature is. Diet is important too. My husband and I try to eat foods that aren't processed and full of preservatives. It creeps back in but as a general rule I don't eat sugar anymore, which made a huge difference to my moods.

I've just turned 50 and I'm very happy with that. The great thing about getting older is with age comes wisdom and acceptance. I'm happy that I don't really need anyone else's approval because I have my own. I wish I'd known this when I was younger. I wouldn't have stressed about all the little things. I don't sweat the small stuff anymore! Every so often, I still have fat days and bad hair days and think 'Where did that wrinkle come from?' But it's not something I'm going to waste my time worrying about—life's too short.

The hard thing about being human is you have the one voice that sits on your shoulder that loves you, but sure as hell there's a voice on the other shoulder that tells you you're not good enough. To overcome that you have to start being kinder to yourself—and the kinder you are to yourself, the easier it is to be kinder to other people. Ultimately, though, the most important thing is you. Get a massage, meditate, look after yourself. Even if that means eating an ice-cream or going on a swing for half an hour. You can only really look after others when you look after yourself.

We need to shine a light on mental health so that people who are suffering feel like they aren't alone. Often people can't talk about it, but knowing there is someone there when they're ready to talk, that can really make the world of difference.

REBECCA GIBNEY is the producer and lead actress for Channel 7's *Winter* and a *World Vision* ambassador. Need to talk? Call *Beyond Blue*'s helpline 1300 224 636.



*Ultimately the
most important
thing is you. You
can only really
look after others
when you look
after yourself.*

A woman with long, wavy brown hair is smiling and standing in a bright room with large windows. She is wearing a white, short-sleeved, form-fitting dress and white high-heeled sandals. Her right hand is on her hip, and she is wearing a watch and a ring. The room is decorated with several large vases of flowers, including pink peonies and white hydrangeas. A wooden chest of drawers and a patterned ottoman are also visible. The floor is made of polished wood.

*I'm not
fearful of
getting older.
To be honest,
I like the level
of sanity you
achieve with
a bit of age.*





Chris Bath

NATIONAL PREVENTION WEEK STROKE AMBASSADOR

As told to Kate Walsh

My father, Don, had a stroke in 2009 and, like a lot of Australians, I didn't know very much about it at the time. I thought it was as simple as Dad going to hospital, taking some sort of drug or pill and that would reverse the effects of what happened. Mum and Dad were about to enjoy their retirement. They'd both worked really hard all their lives and Dad's stroke blew that out of the water. There was no grand camping tour around Australia. To have that stripped away in an instant was pretty tough on both my parents.

We were lucky enough to be able to afford rehab for Dad, but a lot of it is cross your fingers and hope. It comes down to the stroke survivor and their willingness to participate. Part of the problem with strokes is a lot of people are devastatingly tired—fatigue and stroke go hand in hand. To have the energy to get up every day and go to rehab is hard. When you face adversity, you either fall in a heap, which doesn't achieve much, or get on with it, and that's what my family chose to do, but it was tough.

Without rehab, Dad wouldn't be able to move today. He had a haemorrhagic stroke (caused by disorders that affect the blood vessels, including long-standing high blood pressure), which falls into the category of 20% of strokes. One of the most crippling things about stroke is if you don't have the rehab, often you're less mobile than what you could be and the knock-on effect of that is things like depression because you go from being completely independent, to someone with a considerable disability. Dad's still paralysed down one side of his body, but he can walk with a stick, feed himself—basic things like that. It's been a long hard road for Dad psychologically and it took four years before he thought 'Okay. I'm not going to regain the use of my right arm. I just have to make the best of what I've got'. Unfortunately, Dad had a second stroke last year. Mum was onto it straight away because she knew the signs, so she got him to hospital quickly and he's recovered quite well.

There are some survivors achieving incredible things and defying the odds every day in Australia. But it's bloody tough, tougher than it needs to be. If more people speak up and get the message out there—that it can happen to anyone, in your 20s, your 30s, that it's not an old man's disease, that it affects women and men equally—then we're going to

be halfway there. What most people don't realise is that most strokes are preventable. If you can prevent 80% of strokes in this country, then we need to tell people how. Despite stroke being the biggest killer after heart disease and being recognised as a national health priority in 1996, there has never been dedicated federal funding for a stroke strategy.

Stroke can be a genetic lottery—if you're predisposed to high blood pressure then that's your genes, but you can take genuine steps to prevent one. The easiest way to reduce the risk is to be mindful of your blood pressure and have a check-up with your GP every year. Being active and factoring a bit of exercise into your day is important. I squeeze it in by getting up early while everyone else is asleep. It gets me energised for the day. It's also great thinking time. With Mum and Dad and my own family I suffer a lot of guilt because I feel like I should be doing more than I am. That hour early in the morning is where I get to process everything in my life.

I'm not fearful of getting older. To be honest, I actually kind of like it. I like the level of sanity that you achieve with a bit of age and maturity. But with cardiovascular disease running in my family, I want to take care of myself so I can be around to watch my son, Darcy, have a family if that's what he wants. I'm 47, and I want to be 80 years old and still be able to walk the Milford Track (in New Zealand) if I want to. I want to be 80 years old and be dragged around the world, going bird watching with my son.

But to do that I'm going to have to look after myself. If you want my opinion, prevention really is the future of health.

CHRIS BATH is the host of Channel 7's Sunday Night. She's also an ambassador for the National Stroke Foundation.

MY DREAM FOR STROKE AWARENESS

"In my ideal world, I'd like to see the Federal government cough up for a huge awareness campaign so that Australians know clearly how to save themselves from stroke. The National Stroke Foundation has been doing a fantastic job for years, but without federal funding it's really hard. I can guarantee that if we had an awareness program in the community, we'd save lives and a huge amount of heartache for the family of stroke survivors. If we could achieve for stroke what's been achieved for breast cancer by all those tireless campaigners, it truly would be a breakthrough moment."

Natarsha Belling

NATIONAL PREVENTION WEEK HEART AMBASSADOR

As told to Bonnie Cleaver

Hear disease is an extraordinarily important issue, which hit home for me recently when my dad suffered a heart attack and underwent major surgery. Once you see a loved one crippled with heart disease, you realise how debilitating it is. It also gives you great admiration for the wonderful doctors and nurses and the life-saving work they do. It was the first time Dad had been in hospital and to see him so unwell was incredibly frightening. I'm almost 40, but my dad is still my hero and I couldn't begin to imagine what life would be like without his love, support and wicked sense of humour. After his experience, I'm now passionate about heart disease. Organisations like Heart Research Australia are doing extraordinary work in raising awareness, but we still have a long way to go to make heart disease part of our national conversation. Even as a former medical reporter I was very naive about heart disease and the fact that it's now the single biggest killer of women in Australia today.

Many of us associate heart disease with older men, but women definitely aren't immune—a lot of it has to do with family history. Another thing I didn't know is that the symptoms of coronary heart disease in women can be different to men. For instance, women are more likely to experience pain in the neck, jaw, throat, abdomen or back. Similarly, a woman's symptoms can be very subtle, things like shortness of breath, extreme fatigue and dizziness.

I firmly believe prevention is better than cure. After Dad had his heart attack and surgery, I went straight to our GP and wanted to find out as much as I could about heart disease, and genetically what my dad's history meant for us and our heart health. I'm very mindful after years of being a medical reporter that a preventative approach is the only way to combat this. That way, if there is problem, it's picked up early when you have a better chance of beating it.

Going with your gut is important, too. You're in charge of your own health and know your body best, so if you go to a GP and you're not happy with their advice, get a second opinion! We have access to a world of information, as patients we're better informed, and the fact that we are more in control of our health than ever before is really exciting!

I'm very mindful of being kind to my body because it's the only one I've got. I'm not as fit as I used to be, but running around after six and eight year old boys

keeps me active. Food-wise, I have a shocking sweet tooth, but I'm conscious of reinforcing to my kids the importance of healthy eating. Good nutrition has a dramatic impact on your wellbeing. At the same time, healthy eating has to be sustainable; ruling out foods or dieting doesn't work for many of us in the long-term.

I don't believe in work-life balance—anyone who says you can achieve it is telling fibs! I think you're better off compartmentalising life, and being present to whatever you're doing at any one time. So, when you're at work, put your work hat on, and when you're at home, put your home hat on. It's all about the quality of time that you spend, not the quantity.

I'm turning 40 this year, which seems really young (I didn't think that when my parents turned 40, but now I'm there, 40 is the new 20—right!). The age I'm at is a really fantastic time in life. My children

are developing these wonderful personalities and I'm in a great space, work-wise. All the stars align and I think you're just in a really good headspace at 40. If anything, I want my 40s to be a little slower than the previous decade. I go at 180km/h and find it very difficult to slow down. We sometimes lose focus of what's important, so I want to take time out and smell the roses a bit more.

I've had a few family health challenges in recent years and it reinforces something my grandmother told me. She was part of a generation that went through extraordinary tragedy, and I recall her saying "If you've got your health, you've got everything". It's so true. As women, we need to be at the forefront of looking after ourselves, as well as others, so start a discussion with your doctor about your heart health today. Let's make this part of our national conversation.

NATARSHA BELLING is a journalist and presents the national *TEN Eyewitness News* weekend bulletin. She is also an experienced MC and ambassador for Heart Research Australia and Alzheimer's Australia.



Even as a former medical reporter I was naive about heart disease and the fact it's now the single biggest killer of women in Australia today.



Exercise completely changes your outlook. It makes you happier and your self-worth skyrockets.



Michelle Bridges

NATIONAL PREVENTION WEEK FITNESS AMBASSADOR

As told to Kate Walsh

Fitness has been a passion that I've dedicated my entire career and business to. It's my life, really. I just love watching people turn their lives around, there's nothing more satisfying. Being fit filters down into every facet. Sure, exercise can help you lose weight or drop a jeans size, but I like to promote the benefits of how it makes you think and feel more than anything. It completely changes your outlook. It makes you happier, more fun to be around, less stressed, less anxious, your confidence comes up and your self-worth skyrockets instantly.

You don't necessarily have to love exercising, but it's always good if you can find something that you enjoy. I don't particularly like putting my clothes away, I can't stand doing my tax, but I know that's part of life. It's the same with exercise. I like to see people training about six days a week. Not every day is going to be an absolute gangbuster. Three out of the six might be tough, two might be medium and one might be more passive, like going for a walk, but at least you've kept that routine. It's when you keep a routine you're more likely to have habits really stick.

The most practical way to tackle exercise is to have it regularly locked in, every day. It's not something you do for two or three or even four weeks; it's something you're going to do forever. Just like brushing your hair, making your bed or taking a shower, you should aim to do a bit of exercise every day. Even if it's just a walk, it's all money in the bank.

With such a busy schedule, I have to block out time to exercise in my diary. Predominantly I train in a gym, but some days I'll go out for a run, some days it's a swim or a bike ride. More than anything my training is when I get to focus purely on myself and not think about anyone else. That hour is your opportunity to give back to yourself.

I eat quite healthily; I have green vegetables in almost every meal. On a weekend I prepare things that I can put in the fridge or freeze for the coming week. I don't often have snacks and if I do, it's a piece of fruit. I have an order for a box of fruit and veg that turns up to my house once a week—then all I have to do is grab some protein.

I try as much as possible to keep it balanced. I exercise, eat well, make time for friends and family, and get a good night's sleep. There's certainly times when it's not always perfectly in check, which is why exercise is so important. It's like a rock you can lean on in times of high stress or when there are issues or drama in your life. At 44, I feel quite fortunate. I'm in good health, I'm still really fit and on top of that I've got the head of 40-year-old woman instead of a 20-year-old. I've always been dedicated to taking care of myself, and keeping myself active and strong. That's something that will stay with me for life.

I believe that health, fitness, exercise and eating better really would solve 95% of the illnesses in the world. It's an insurance policy. We could turn around Australia's health problems if everybody took the time to do a bit of activity every day and cleaned up their nutrition. Right now, 1.7 million Australians have diabetes, but up to half the cases of type 2 diabetes remain undiagnosed, and three in five adults are overweight or obese. So if we just did this one thing, we'd see a massive shift in the health of the country. That's the whole reason I do what I do, to try and get that message out.

You don't have to be motivated to exercise, you don't have to be wound up like a spring coil, you don't have to only eat vegetables for the rest of your life. You don't have to be perfect; you just have to be consistent. And there's nothing easier than that.

MICHELLE BRIDGES is one of Australia's leading health and fitness experts and co-founder of the 12 Week Body Transformation program. She's also an ambassador for the Black Dog Institute.

FEEL HEALTHIER FASTER: MICHELLE'S TOP FITNESS TIPS

1 ALWAYS PLAN AHEAD
 New to exercise? Start by taking a look at your diary and work out where you can block out some time for it. Go for a walk, join the gym, rope in a training partner, ride a bike, run on the sand at the beach, whatever works.

2 TWEAK YOUR DIET
 Go through your kitchen and clean out your cupboards of foods that have been holding you back. Take out processed foods, add more green leafy veg and find a few healthy recipes you can throw together quickly.

3 TAKE BABY STEPS
 Don't overwhelm yourself with too much. The secret is to change one thing at a time. Just take one thing a day, or even a week, about your nutrition or your exercise routine and then build it up gradually from there.

Marta Dusseldorp

NATIONAL PREVENTION WEEK BREAST CANCER AMBASSADOR

As told to Kate Walsh

Breast cancer is the most common cancer in Australian women and accounts for 28% of all new cases. Everyone I speak to, their mother, their aunt, their grandmother, their sister has been affected by breast cancer. It touches us all. My best friend was diagnosed just after the birth of her second son. It hit me personally in the sense I was watching someone who was like my sister go through this horrific experience so young, at 32. Her diagnosis was shocking for everyone. There was no history of breast cancer in her family; it came out of nowhere.

After we got the news, I supported her by just being there. I just listened, really, and helped with whatever she needed: shopping, the kids, going for a walk. Just basics because at the end of the day, surviving something like that is about making sure that the family can continue to run. To my mind, that's all life's about, connections and family and love. Anyone who goes through cancer is such an incredibly brave soul. It's vital to know they're not alone, that people will fight with them.

My beautiful friend, Paulina, is doing really well now. She's working, a wonderful mum, happy, healthy, fully recovered and just a real inspiration.

Her diagnosis did make me more aware of my health. I'm now vigilant in self-checking and it's so important that women and men feel comfortable to touch their own bodies and try and keep on top of it, because no one knows you like you do. Early detection and diagnosis is crucial because it means better survival rates. As with anything, information is power. Don't use Google, talk to the people who know what's going on, talk to your doctor. Don't avoid that

lump, don't think it's nothing or put it off. The sooner you're on to it, the sooner they can hopefully cure it.

When you're working hard and raising a family, your health can be the last thing you think about. I don't always prioritise it but know I should, so I continue to try and do so. I eat very well and love fresh food. That's what I give my daughters, Grace, 8, and Maggie, 5, and that's what I eat myself. Salads, lots of raw vegies and a really clean piece of meat. For breakfast it's often eggs and sometimes porridge. I keep it simple but very unprocessed.

I try to walk everywhere. The rest is just a bonus. I don't have a routine because every day is different. I've got a little roller under the bed to stretch myself out, Centennial Park is my stomping ground when I need a break, and I love Bondi Beach. Hitting the surf can sometimes be enough to reset my mood and outlook. I try not to have too much caffeine, and sleep is so important too. I'm back trying to get the eight hours because your body does a lot in that time.

Preventative health is about having a good baseline. When I'm doing a play I do regular warm-ups before the show, we should do the same in life. I'm 42 and hopefully have another 42 years ahead of me. It's about laying the groundwork so you can achieve all you want, which for me is spending time with family, friends and doing what I love. I want to make sure I'm around to enjoy all of that. I'm loving having experience behind me; learning to be less reactive and more proactive. There's a confidence that comes with age, but I'm still open to someone pushing me in directions I'm not comfortable with, especially in my work.

There are people who get sick who have lived a healthy life, so really it can be a catch 22 for those who've never smoked or drunk and always exercised and still get breast cancer. That's why we have to keep researching, talking and never let up. Whenever we can, we should all volunteer our time and continue to raise funds so that people touched by breast cancer see there's a community that cares.

MARTA DUSSELDORP stars in *A Place to Call Home* and is an ambassador for Cancer Australia.

My beautiful friend Paulina is doing really well now. She's happy, healthy, fully recovered and just a real inspiration.



If ovarian cancer is detected early, there's an 80% chance of surviving well beyond five years.





Nicky Buckley

NATIONAL PREVENTION WEEK OVARIAN CANCER AMBASSADOR

As told to Bonnie Cleaver

I lost my beautiful mum to ovarian cancer 10 years ago. Yes, it gets easier with time, but the loss can still be really raw sometimes too. In the lead-up to Mum being diagnosed, I remember her complaining for about six or eight months about how bloated she felt. She kept saying, “Look at me, I look nine months pregnant.” She’d had six kids, so she knew what it was like to be heavily pregnant! Mum wasn’t as health-conscious as me. She enjoyed her drinks and smokes, but was quite a glamorous woman and somehow got away with murder. So, when she complained about her bloating I’d think, ‘She’s just not looking after herself’.

Obviously now I know bloating is one of the symptoms of ovarian cancer, along with abdominal or pelvic pain, unexplained weight gain or loss, feeling full after eating a small amount, indigestion or nausea, and frequent urination. They’re the sort of symptoms that we can easily excuse away, and that’s what Mum did, she ignored it for a long time.

I can’t remember what ended up prompting her to visit the GP, but I do know that she was misdiagnosed at first. They explained it as a prolapse of the uterus, and said that as she’d had six children, she needed to do pelvic floor exercises. It wasn’t until further investigation they discovered she had ovarian cancer.

I can’t stress enough to women the importance of being aware of the symptoms and not just brushing them off. I don’t care if you go to the doctor and they think you’re silly, or you think it’s not worth a GP visit—it is. If ovarian cancer is detected early, there is an 80% chance of surviving well beyond five years, but the problem is it’s often not detected early.

When I turned 40, which was around the time Mum passed away, I started having yearly blood tests and an ultrasound. I’m pretty in tune with my body, and always check out symptoms I’m unsure of. My wish for ovarian cancer is that an early detection test is created. Unfortunately ovarian cancer is often detected so late that it’s quite often spread. If they find the cancer early, it can be treated sooner. In the meantime, it comes down to being proactive and paying attention to the warning signs.

Being a mum to three boys can be busy, but I prioritise my own health. I just make the time, because I know that I’m no good to my family unless I’m fit and healthy. I aim to get to the gym three times a week. I like to hop on the bike or treadmill and watch morning TV, then I’ll do some weights, so I’m in and out in 45 minutes. Food-wise, I’m a big eater. But I’ve always balanced that out by exercising. I love healthy food but don’t shy away from risotto and pasta, the sort of food that my boys like. I have a sweet tooth and enjoy the occasional glass of wine, but I think you can balance it out by looking after yourself.

I’m turning 50 this year, but to be honest I haven’t thought about it too much. Sometimes I think I’m in my mid-30s and I’m shocked when I remember I’m not! Right now, I’m excited about the release of my book. I wrote it in less than four months, so it’s been an incredibly busy, cathartic and full-on time! I started out wanting to write a book of empowerment for young women, and it ended up being a memoir of things I’ve learnt along the way. As for the insights I’ve gained over the years? The message that keeps

coming through my life is staying true to your values, and following your dreams. Those things can shift or change, or they can take a really long time to work out, but it’s never too late to follow your passions!

NICKY BUCKLEY is an author and TV presenter. Her first book, *Nicky Buckley—A Memoir: An empowering story of life, love and what’s important (New Holland)* is due out this April.

NEW HOPE FOR OVARIAN CANCER

It has the lowest survival rate of any women’s cancer. But a new and potentially life-saving national action plan has the potential to change that, for the better.

Fact: more than half of women diagnosed with ovarian cancer will not be alive five years later. Meanwhile, survival rates for other cancers, like breast, bowel and prostate, have improved, due to progress in detection, treatment and prevention. But there is hope, thanks to the new National Action Plan For Ovarian Cancer Research (ovariancancer.net.au). In a nutshell? The plan outlines research priorities, so scientists can focus on areas that will have the most impact. As Annie Mulders, *Prevention’s* sales director, who’s been touched by ovarian cancer says, “I dream that one day women with ovarian cancer might have the same chances as women with other cancers. That it will be treated as equally important, with equal funding per mortality rate. I’m hoping this plan will kickstart a world where the chances of women with ovarian cancer are at least in the ball park.”

Gabi Hollows

NATIONAL PREVENTION WEEK EYE HEALTH AMBASSADOR

As told to Bonnie Cleaver

Eye care has been my obsession for as long as I can remember and it's what I've done ever since I left school. My life has been about literally opening people's eyes and giving them back their sight, and the opportunity to fully experience their life again. Doing that brings me so much joy. I suppose my first foray into the world of eye care started at the age of three, when I had to have surgery for a large squint. At one stage I was thinking of becoming a physio but the orthoptic school chose me first—so it really was a fluke how it all turned out.

We established the Fred Hollows Foundation in 1992, five months before Fred passed away, and when I think about how much we've achieved in the 22 years since then, the 19 countries we operate in and the well over one million people who we've restored sight to, it's quite amazing! Fred's dream was that people in developing countries would have the same access to the technology that people in developed countries do. When he was alive, he came up against so many people saying that the lenses cost too much, and that there was no way you could do that surgery for people in poor places, but he was convinced we'd do it. He never got to hold in his hand one of the intraocular lenses for modern cataract surgery that we've since developed. I often say that if Fred could only lift the granite sculpture he's buried underneath in Bourke to see what we've achieved, he'd be doing cartwheels! It brings me great joy that our five children: Cam, Emma, Anna-Louise and twins Ruth and Rosa are so actively involved in the Foundation. The twins went to Nepal last year to visit our eye hospital there, and all my children have done the Wild Women On Top Sydney Coastrek many times, to help with fundraising.

One of the biggest issues the Foundation is now tackling is avoidable blindness. Four out of five people around the world who are blind don't need to be: their condition is treatable or preventable. When I was in Hanoi 18 months ago, I was shocked to see so many babies blind from rubella because their mothers hadn't been vaccinated. While our focus is on people in developing countries, the eye health of other people matters too. I believe every Australian should have eye checks at least every two years. It's far better to pick up potential issues early and have the right treatment. Another vital way to protect your vision is to not get diabetes. Diabetic retinopathy—a

condition that involves the retina being damaged by high blood sugar levels—is becoming a huge problem and one of the leading causes of preventable blindness, yet most people aren't aware of it.

While I am very conscious of taking care of my eyes, I'm not the greatest example for fitness. My kids often joke that rather than go running, I just run late! Having had knee surgery, I can't do stairs either. That said, I don't sit still for long, so I exercise in other ways. When it comes to nutrition, if you eat fresh food and avoid rubbish, you'll be doing pretty well. I've always had the rule that the family eats around the table. We even save a place for a mystery guest! Sharing your life with others, enriches it so much. My world has always been huge and I can't imagine it any other way.

I often ask older people what their recipe for a long life is. One lady in her 90s told me, "I read the paper every day to keep up with the gossip. You need something to look forward to!" Another lady I met at the doctor's said "I swim in the ocean pool every day. It's so cold I know I'm alive." I'm not into that kind of thing, but I engage with people, which really energises me. I also keep up with what's going on in the world; I'm a news junkie!

To me, being philanthropic is a beautiful way of turning your life on. As Fred said, the best thing about mankind is that we can help others. I don't care if someone donates five cents or five dollars or if an old lady sells a tea cosy or schools have a gold coin day, it all counts! Giving doesn't have to be financial either, volunteering is a fabulous thing. Years ago, I met the first Russian female astronaut. My kids suggested I ask her what it feels like to come back down to Earth. Her answer was that she realised how small the world is, so we should all hold hands together. I couldn't agree more.

GABI HOLLOWS is founding director of the Fred Hollows Foundation, an Officer of the Order of Australia (AO), and named one of Australia's 100 Living National Treasures.

My life has been about opening up people's eyes and giving them back their sight. Doing that brings me much joy.



An ounce of Prevention

Simple ways to future-proof your healthy, today!

STAY POSITIVE

Not only does optimism do wonders for your mental outlook, a study found it can also improve your heart health and lead to better blood sugar levels, naturally. Gratitude is one of the best ways to slash stress, so practise it daily to reap the mind and body rewards.



KNOW YOUR NUMBERS

GET YOUR BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR CHECKED REGULARLY TO INSTANTLY LOWER STROKE AND DIABETES RISK. EASY!

SLIP, SLOP, SLAP, CAP!

A study of half a million people found those who drank more than four cups of coffee a day were 20% less likely to develop malignant melanoma than those who didn't sip. But don't forget the golden rules—apply SPF daily and get suspicious moles looked at.

HUG IT OUT

CUDDLING UP TO A LOVED ONE COULD HELP BOOST YOUR IMMUNITY, ACCORDING TO A US STUDY. IT FOUND FREQUENT EMBRACES SPIKED THE IMMUNITY OF STRESSED PEOPLE AND RESULTED IN LESS SEVERE SYMPTOMS. FREE HUGS FOR ALL!

BOOK A QUICK SCREENING

Over 40? Book in for a free biennial mammogram. Regular screening can reduce breast cancer risk by 25%, particularly for those aged 50-69. Visit cancerscreening.gov.au for details.



Watch our behind the scenes video

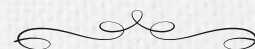
For an exclusive peek inside our shoot with this year's celebrity NPW ambassadors

GET HEART HEALTHY. JUST SIX THINGS CAN SLASH YOUR HEART DISEASE RISK BY 92%! DON'T SMOKE, HAVE A NORMAL BMI, EXERCISE FOR 2.5 HOURS A WEEK, WATCH LESS THAN 7 HOURS OF TV, STICK TO ONE ALCOHOLIC DRINK A DAY AND EAT A DIET LOW IN RED MEAT AND TRANS FATS.



◀ ADD AN AVO

The delicious green fruit has been linked to helping lower levels of bad cholesterol. Pair it with a diet rich in olive oil, fish, legumes, whole grains and vegies and low in trans fats and sugars to curb cravings, flatten your belly and improve your health. Nice!



WALK YOURSELF WELL. GOT A SPARE 20 MINUTES? A BRISK WALK COULD ADD EXTRA CANDLES TO YOUR BIRTHDAY CAKE. A UNIVERSITY OF CAMBRIDGE STUDY FOUND THE MODEST INCREASE IN ACTIVITY BOOSTED LONGEVITY. SO MOVE THAT BODY MORE, EVERY DAY!



RE-IGNITE
YOUR SKIN'S
YOUTHFUL LOOK
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7 new **Superfoods** *for* **younger**

Tomatoes. Pumpkin. Trout. It may sound like a shopping list, but they're just a few of the power ingredients firing up anti-ageing

By Aimée Leabon & Jessica Chia Photography Edward Urrutia

At this point, you could probably rattle off the health benefits of kale in your sleep, and we'd hedge a bet you've got a recipe file full of superfood-laden meals. But the really exciting part? These nutritional winners are now stretching well beyond the kitchen and into your skincare products. The oils and extracts of superfoods like chia seeds, amaranth and raspberries are capable of serious anti-ageing feats, from keeping collagen in good shape to hydrating dry skin and tightening up pores. In short? Adding a healthy dose of these farm-to-face picks into your daily routine could mean the difference between skin that just passes muster and a complexion that looks 10 years younger. So throw these miracle-working superfoods into your trolley today.

skin

Pomegranate

The UV-exposure shield

Turns out pomegranate seeds (which are naturally high in antioxidants and cholesterol-lowering compounds) and your skin might be an even better pairing than pomegranate and couscous. A bold claim, we know! The reason? Extract from the fruit's jewel-like seeds contain ellagic acid, a powerful polyphenol that can help prevent collagen breakdown and the inflammation caused by UVB rays, according to a recent study in the journal *Experimental Dermatology*. And experts agree. "Pomegranate through its antioxidant action may theoretically protect the collagen and elastin within skin against UV damage associated with sun exposure," explains dermatologist and *Prevention* advisor Dr. Stephen Shumack. The perfect complement to your SPF.

Try:

1. Add Wei Pomegranate Buffing Beads (\$26, mecca.com.au) to a cream cleanser for a pomegranate-powered exfoliant. **2. Massage Sanctuary Spa Active Reverse Facial Power Peptide Serum** (\$34.99, priceline.com.au) into skin for a dose of hyaluronic acid, peptides and pomegranate. **3. Scout Cosmetics Organic Pomegranate & White Tea Rejuvenating Crème** (\$59.95, scoutcosmetics.com) combines antioxidants with Moroccan Rose essential oil to soothe and protect skin.



A top-down view of two fresh rainbow trout resting in a shallow, circular wooden bowl. The fish are positioned diagonally, with their heads pointing towards the bottom left. Their scales are a mix of silvery and brown, with a distinct pinkish-red stripe running along the side of each fish. The background is a dark, textured wooden surface.

Trout

The collagen stimulator

Hiding inside of oily fish is a tiny but mighty molecule that could change your skin for the better... creatine. And there's a reason it's also found in most health food supplements body builders take. "It's one of the building blocks for protein and muscle development," explains Shumack. It's also an amino acid found in the body, most meats and fish like salmon and trout. So, how does it affect your skin? "Theoretically, creatine may provide access to the building blocks of skin collagen, but this is yet to be proven in day-to-day use," adds Shumack. Production of creatine declines with age, so seek out these skin savers and slather away.

Try:

1. Nivea Cellular Anti-Age Day Cream (\$27.99, 1800 103 023) combines creatine with hyaluronic acid and magnolia extract to increase firmness, fast. **2. Thalgo SOS Oxygene Serum** (\$97, thalgo.com.au) repairs barrier function and re-energises skin for a more youthful, radiant appearance. **3. Refinery Revitalising Moisturiser** (\$72, aromatherapyassociates.com.au) delivers deep hydration, thanks to a cocktail of creatine, vitamins C and E and essential oils.



Tomato

The pore minimiser

A firm favourite in salads and sandwiches, tomatoes also contain the potent antioxidant lycopene, which “reduces the prominence of sebaceous secretions that improve the look of your pores,” explains Shumack. This anti-ageing all star is also one of the best multi-tasking skin protectors around. When applied topically, it defends against free radicals and contributes to metabolic functions linked to growth and repair. Even better news: a study from the Mount Sinai School of Medicine in the US found that lycopene has the ability to reduce inflammation, boost cell renewal and inhibit DNA damage caused by UV exposure. That’s what we call one very clever veg.

Try:

1. Apply a thin layer of **Yes To Tomatoes Skin Clearing Facial Mask** (\$23.99, priceline.com.au) and leave for five minutes to refine pores and purify skin. **2.** **Ella Baché Fruit d’Eclat à la Tomate Bio** (\$110, ellabache.com.au) uses organic tomato pulp and grape extract to reduce inflammation and improve overall skin health. **3.** **Sunday Riley Isis Hydroactive Cellular Face Oil** (\$150, mecca.com.au) balances sebum production, encourages lymphatic cleansing and enhances skin texture.

THIS JUST IN: AMARANTH

Known for its cholesterol and blood pressure-lowering nutrients, this ancient grain is a fixture in anti-ageing oils and scrubs. It helps keep skin hydrated with essential fatty acids omega-3 and 6—the same types of fats that make up healthy skin cell membranes. “This grain is hydrophilic—it retains water and causes the skin to plump,” says Shumack. So eat up, or use **Absolution La Crème Gommante** (\$42, www.tonicsskincare.net.au) to give dull skin an instant boost.

Pumpkin

The skin plumper

A Sunday roast staple, this popular veggie is rich in disease-preventing carotenoids, vitamin E and omega-3s. Even better? It also boasts fruit enzymes and alpha hydroxy acids (known for their cell renewal properties) as well as vitamin A. The oil in the seeds, however, has one particularly attention-worthy ingredient: zinc. "Zinc is an essential trace element in the body very important in the production of collagen and connective tissue in the skin," explains Shumack. "Pumpkin, which contains large amounts of zinc, could be beneficial for those who may have lower levels." So when you're not slathering it on your face, throw it into salads or roast it instead of potato and serve alongside your next steak.

Try:

1. Acure Seriously Firming Facial Serum (\$36.95, nourishedlife.com.au) delivers a rich blend of oils to plump up a parched complexion. **2. Eminence Yam & Pumpkin Enzyme Peel** (\$81, 1800 142 182) works to remove dull skin for improved texture and fewer fine lines. **3. Arcona Night Worker Repair (PM)** (\$62, 02 9221 5703) stimulates collagen production while you sleep, thanks to a potent pumpkin and vitamin C complex.



Chia seeds

The ultra hydrator

The seemingly endless variations of chia (from pods and butter to chips and bars) are rich in fibre and protein. The oil the seeds harbour, however, is full of omega-3 fatty acids, which makes it a must for hydrating creams and serums, according to Shumack, who adds there's also a suggestion that omegas have an anti-inflammatory effect when applied topically. Bonus: they're also packed with antioxidants for softening dry skin, reducing chronic redness and smoothing fine lines. Now that's what we call one serious supergrain.

Try:

1. RubiFresh Weekly Face Mask (\$49, rubifresh.com.au) is enriched with chia, fresh oats and hyaluronic acid to rejuvenate flaky skin. **2. Use Perricone MD Chia Serum** (\$99, mecca.com.au) on its own or under your moisturiser for an instant hydration boost, or add a few drops to your day or night cream if your complexion needs extra coddling. **3. Germinated chia seeds in The Face Shop Chia Seed Moisture Holding Seed Cream** (\$44, 02-7900 9189) hold 10 times their weight in water to replenish and soothe upon application. **E**

Red raspberry

The free radical fighter

We'll admit that part of the reason we love this berry so much is that it tastes pretty great in smoothies and juices. But its high levels of anthocyanins and ellagitannins are responsible for its buzz in the beauty industry. In addition to fending off free radicals, these antioxidants also boast anti-inflammatory properties, according to a US study by the University of Rhode Island, making it an effective treatment for eczema and psoriasis. And here's more good news: the oil from the seeds contains vitamins E, A and essential fatty acids omega-3 and omega-6 to hydrate and rejuvenate skin. Powerful stuff!

Try:

1. Kerstin Florian Clarifying Sorbier Crème (\$69, kerstinflorian.com.au) restores moisture and evens skin tone thanks to a blend of raspberry leaf extract, horsetail extract, vitamins C and E. **2. Eden Cleansing Cream** (\$39.80, skinjuice.com.au) will take the day off without stripping skin. **3. The Beauty Chef Dream Repair Serum** (\$69.95, thebeautychef.com) is a fusion of raspberry seed oil, acai berry oil and vitamin A that repairs and rejuvenates skin cells while you sleep. Simple!



30

little ways to
make your
day healthier

Forget overhauling everything. Even the tiniest change (from sprinkling spices on your meal to stretching at your desk) can deliver a major wellbeing boost.

The proof? These 60-second fixes—direct from trainers, dietitians and more



1. Sip more water

And not just for the hydration benefits. It could actually be your body's new energy booster. "Half of the people who come to see me complaining of fatigue are actually dehydrated," says Dr Woodson Merrell, executive director of the Continuum Center for Health and Healing at Mount Sinai Beth Israel in the US. Staying hydrated is one of the simplest ways to stay energised and focused. A recent study of athletes found 92% felt fatigued after limiting fluids and water-rich foods for 15 hours. They also had lapses in memory and reported difficulty concentrating. Top up your H₂O every hour and add lemon or fresh mint for a hit of fat-free flavour.

2. Toss a cup of Epsom salts into your next bath

Take your bubble bath to the next level of restorative goodness with these tiny but mighty salts. Once dissolved in water, they're absorbed by the skin and help replenish your body's magnesium levels, an essential mineral that can be depleted by stress. We feel blissed out already!



3. FEEL THE WIND IN YOUR HAIR

Make a daily habit of heading outside into your garden or the local park, even just for a few minutes. The fresh oxygen, open space, and presence of plants and trees is grounding and energy-expanding. If you can, allow your bare feet to touch dirt or grass for extra energy benefits. You'll absorb negatively charged electrons from the soil, which balance positively charged free radicals that may lead to inflammation, explains integrative cardiologist Dr Stephen Sinatra. Easy!

4. TAKE YOUR SWEET TIME

When you next catch yourself feeling flustered, stop for a moment to take your time, suggests Gretchen Rubin, author of *The Happiness Project*. This may sound counterintuitive, but it works: "When you're frantic, that's the time you'll forget your wallet, or get into a fight," she adds. Instead, behave the way you wish you felt—calm, collected and in control. Simply focusing on those feelings will soon make them a reality.

5. GRAB SOME ASPIRIN

Consider adding a baby (81mg) aspirin to your daily health supplements. Really! Taking one daily for 10 years reduces the risk of colon cancer by 35% and oesophageal and stomach cancers by 30% among folks age 50-65, according to the Centre for Cancer Prevention at Queen Mary, University of London. The only disclaimer: it's always wise to chat with your GP to make sure they're on board with it first.

6. VEGIFY YOUR NEXT MEAL

Cooking up a bolognese, stew or hearty soup? Try 'vegifying' your meal by swapping the meat for legumes. Researchers at Arizona State University Polytechnic found that adding ½ cup of beans to soup lowers total cholesterol, including LDL, by up to 8%. The key to this heart-healthy food is its abundance of fibre, which has been shown to slow the rate and amount of absorption of cholesterol in certain foods. Try kidney or cannellini beans; each supplies about one-third of your daily fibre needs.

7. ADD SOME COCONUT OIL TO YOUR GREEN SMOOTHIE

It sounds kooky, but hear us out: adding just one tablespoon of coconut oil to your morning smoothie helps stabilise blood sugar levels all day, says nutritionist Deborah Levy. This means fewer highs and lows, which in turn will keep your energy—and your appetite—on an even keel.

8. SOAK UP MORE SUNSHINE

Good health news! Keeping up your levels of vitamin D by exposing your face, arms and legs to the sun for a few minutes a day (outside peak UV times, of course) might lower your blood pressure if you're deficient. "Vitamin D helps arteries relax and improves their functioning," says Dr Arshed Quyyumi, a professor of cardiology at Emory University School of Medicine. His study found that D-deficient people who'd reached normal levels 6 months later saw their blood pressures go down an average of 4.6 points. Dedicated shade lover? Ask your doctor to recommend a good supplement.

9. DEVOUR A GRAPEFRUIT

You've got dairy foods covered, but don't overlook grapefruit (or other citrus options) in your quest for strong, healthy bones. Why? This tangy fruit is jam-packed with vitamin C, which is a building block of collagen, a crucial nutrient for bone formation. Added bonus: research shows people who eat grapefruit regularly have healthier arteries, LDL cholesterol and blood pressure levels.

10. STRIKE A QUICK POSE

A yoga pose, that is, which will help boost blood flow to the brain and stretch an oh-so-tight spine, says yoga instructor Elissa Lappostato. Ground your feet by pressing into all four corners of each sole, bend your knees and fold forward from the hips with a straight back. Hang for 10-20 breaths then s-l-o-w-l-y rise back up. Ah, feel the serenity!

11. FIND A SPARE 30 SECONDS

Ten push-ups, squats, bench dips... Take 30 seconds and do something! Because really, who can't find a spare 30 seconds in their day to sneak in a little exercise? Research suggests that short bursts of activity have the same impact as longer sessions. Love it!

12. GIVE YOUR EYES A BREAK

Forget Diet Coke. Try this simple technique to give tired peepers a speedy pep up. Rub your hands together to warm them up. Rest your elbows on a table and cup your hands over both eyes, with the heels of palms on your cheeks. Take a few deep breaths, then move your hands higher and gently apply light pressure with your palm. Hold for a moment, then release. Zen, in seconds!

13. CHEW GUM, DAILY

Tap into your inner 12-year-old and unwrap that Hubba Bubba. It can give your focus and memory an instant boost, according to one recent UK study. Additional research shows it also has a calming effect, perhaps due to the minty fresh feeling it creates or the fact chewing boosts oxygen to the brain.

14. MAKE A SMART SWAP

Keen cook? Then try this: splosh a little white wine vinegar instead of a dollop of butter to moisten your pan. It won't alter the flavour of food but, even better, it eliminates fat. Likewise, when the recipe calls for salt, swap it for blood pressure lowering power herbs like fresh oregano, basil or parsley. Nutritious and delicious!

15. FLASH A FAKE SMILE

Even if you're feeling rattled, taking a moment to smile will lower your heart rate and mitigate stress, according to a study in the journal *Psychological Science*. Researchers taught volunteers how to arrange their faces in a variety of ways: with genuine smiles, fake smiles, neutral expressions, and with chopsticks propping their mouths open into forced grins (yep, those were dedicated volunteers!). They then performed a series of stressful tasks all while maintaining their assigned facial expression. Those who smiled (even faking it), had lower heart rates than those who rocked neutral expressions. So, flash those pearly whites and your mood will follow.

16. Have that extra espresso

It could deliver more perks than just an energy jolt. Women who have less than 150mg of caffeine daily are 15% more likely to develop tinnitus (ringing in the ears) than those who savour at least 450mg (about two to three cups), according to a Brigham and Women's Hospital study. AM latte run, anyone?

YOUR BODY'S IDEAL HEALTH DAY, FOUND!

The best time of day to schedule any wellness-boosting habit. ... Even we were surprised!

**GO FOR A WALK**

A brisk walk first thing in the AM is proven to help you stay more active, alert and focused all day long. Set your alarm 30 minutes earlier. You won't regret it!

**TAKE YOUR FIBRE SUPPLEMENT**

Time it between dinner and bedtime to deliver a full feeling and help you avoid cheeky late-night snacking.

**GROCERY SHOP**

Ideally mid-morning, on a weekend. If you're still full from a hearty bacon and egg brekkie, you'll make smarter choices than if you went famished after work.

**APPLY YOUR USUAL ANTIPERSPIRANT**

Because you're less likely to sweat at night, your deodorant has a chance to fully absorb. Result? You'll be well protected the next day.

**WEIGH YOURSELF**

Hop on the scale first thing, before you've eaten and gotten dressed for the most accurate reading.

**POP YOUR ALLERGY MEDS**

Pollen count peaks in the morning, so taking antihistamines at night will help you outsmart symptoms, before they strike! Who knew?

**HIT THE DECAF**

Steer clear of caffeine. You'll sleep better as well as lessen the risk of night cramps as caffeine reduces absorption of vital minerals.



17. Top your salad with salmon

Getting a tad tired of tuna? Consider this your impetus to mix it up. Canned salmon packs more than twice the amount of omega-3. And research proves getting more of this super nutrient is a very good thing. Eating omega-3-rich fatty fish at least twice weekly lowers the risk of hearing loss in women by 20% and bolsters the entire cardiovascular system. Win!

18. REACH FOR PAPER TOWELS

Strange but true: jet air dryers—the new high-powered models that dry your hands in seconds—spread 4.5 times more germs into the air than traditional warm air dryers and 27 times more than paper towels! Yikes! Drying after washing reduces your risk of transmitting microbes, so skipping it isn't an option. Your best wellness-boosting bet? Reach for paper towels whenever possible!

19. WHIP UP YOUR OWN TASTY HOMEMADE DRESSING

Skip the not-so-healthy bottled stuff! You only need a handful of ingredients to bring out the best in your greens. Right now, we're loving this creamy tahini dressing: simply combine 1 part apple cider vinegar, ½ part sesame oil, ½ part extra virgin olive oil and 1 part tahini plus a pinch of salt. Whisk together, then drizzle over your usual salad. Believe us, you'll be coming back for seconds!

*Try
this*

Stock up on tinned basics like legumes, salmon, tuna and corn for an instantly healthy (and tasty) lunch!

20. BEAT ALLERGIES, NATURALLY

Yes, it's possible! A daily squirt of saline nasal spray not only helps subdue pesky allergies (it flushes irritants like mould and ragweed fast), but it may also help fight colds and other upper-respiratory bugs, according to Swedish research. So add one to your medicine cabinet, pronto!

21. SHUT DOWN YOUR IPAD AND SMART PHONE EARLIER

Make switching your gadgets off (that includes your e-reader, laptop and TV) a nightly pre-bed ritual, to enjoy sounder shut-eye. These devices emit light in the blue spectrum, which disrupts sleep. It shuts down production of the slumber-enhancing hormone melatonin when it hits your retina, explains Dr Robert Rosenberg of the Sleep Disorders Centre of Prescott Valley, Arizona, US. And yes, that includes your trusty iPhone, too!

22. HAVE EGGS FOR DINNER

Attention time-poor cooks! The ultimate fridge staple, eggs can be transformed into dinner faster than any other protein (think beef, chicken or tofu), shaving about 20 minutes off your meal prep time. This versatile superfood has endless uses, including in quiches, salads, sandwiches and frittatas. It's also the most easily absorbable form of protein, a win for your tastebuds and your metabolism. Time to get, erm, cracking on dinner?

23. STOP AND SMELL THE ROSES

Consider this your instant pick-me-up, for any time of the day: just sprinkle four or five drops of your favourite essential oil on a tissue and hold it to your nose, taking 10 to 15 deep breaths. Upset about something? Reach for lavender, says aromatherapist Hope Gillerman. "Studies show it's one of nature's best sedatives." And if you find you're lying awake at night stewing about the day, try vetiver, frankincense, myrrh and clary sage, suggests Gillerman. "These oils will slow you down to promote a heavier, more restorative sleep."

24. SNACK ON AN APPLE

Turns out, an apple a day is the health trick that just keeps on giving. One recent study found that a chemical called ursolic acid in apple peel may protect against obesity. Mice fed a high-fat diet that included ursolic acid developed more muscle mass and more kilojoule-burning brown fat than mice eating the same diet without ursolic acid. Good to know: you can also find ursolic acid in basil, cranberries, peppermint, rosemary, oregano and thyme. That's one delicious prescription!

25. DITCH THE TV REMOTE

Looking for a no-effort way to trim down? You could easily torch 840 extra kilojoules a day, simply by getting out of the habit of using the TV remote, garage door opener, electric can opener and other effort-saving devices. It's all about being an activity opportunist. Every bit (no matter how tiny) counts!

26. FOCUS ON THE EXHALE

We've all heard that deep breathing is crucial to feeling tranquil. But it turns out the most important part of it is actually breathing out, says neuropsychologist Rick Hanson, PhD, author of *Buddha's Brain*. "When you elongate your exhalations, you spark your parasympathetic nervous system, which slows down your heart rate." Throughout the day, stop to take three long exhalations, making them twice as long as your inhalation. You'll see and feel the difference

27. GIVE YOURSELF A DIY ACUPRESSURE TREATMENT

You know those tender, marble-size knots in your muscles? Aside from being a pain (literally!) they're also trigger points, many of which correspond to acupressure points. "Push on the trigger point with enough pressure to see a white mark from your finger and hold for at least 45 seconds," advises Jacob Teitelbaum, MD, co-author of *Real Cause, Real Cure*. "Doing this increases the energy flow to help release the muscle the same way a sports massage works to ease the pain." Genius!

28. DRY BRUSH YOUR BODY

Try this speedy self-care ritual for glowing skin, better circulation and an instant energy boost: before your next shower, start at the tops of your feet, working up your body and brushing with long, straight strokes in the direction of your heart. Each stroke should take around two seconds, skipping the delicate skin on your face, neck and décolletage. It brings blood to the surface and fires up your lymphatic system—all you need is a few bristles!

29. STRETCH YOUR LEGS

Tight leg muscles from your last gym workout? Get into the habit of stretching and you'll not only improve flexibility but you'll also build strength, reveals a study published in the *Clinical Journal of Sport Medicine*. For six weeks, 30 adults with tight hamstrings did stretches five days a week. Thigh-muscle and flexibility was measured at the start and end of the study. All that stretching loosened tight muscles and increased range of motion, but the hamstrings and the quads got significantly stronger. Stretching before and after exercise can also help prevent constant leg cramping, as can including a magnesium supplement in your diet. Strong, flexible and pain-free legs? Sign us up!

30. CHOMP THESE SUPERFOODS

Filling up on fruit and veg with white flesh (think pears, apples, cauliflower and cucumber) won't just add fibre to your diet. It could also help protect against stroke, according to a recent Dutch study. Why? The white portion consists of compounds containing flavonoids and other antioxidants with health benefits. Researchers found a 9% lower stroke risk in those who sank their teeth into more of these tasty superfoods. Your next vegie-based salad smoothie or just got a whole lot healthier! **P**

Try
this

Add one teaspoon of cumin to your morning hot water and lemon juice (or mix it into a small serving of yoghurt). A recent study found that people who did this for three months slashed their body fat by almost 15%.

A healthy loafstyle

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Sleep tight, — EVERY NIGHT —

It's a vital piece of the health puzzle. Now scientists have discovered a fascinating new link between sleep and your brain. Read on and wake up refreshed—in more ways than one

By Christie Aschwanden



In her 20s and 30s, Maureen Murray rarely gave sleep a second thought. Her career as a marketing consultant was humming along, and with an active social life on top of it, she didn't always have time for a full night's rest. "I would stay up all night sometimes," admits the 55-year-old. Feeling invincible, she'd just pump herself full of strong coffee. She was a youngish woman, after all. She considered lost sleep an inconvenience—at best.

But Murray's attitude took a drastic turn when she hit perimenopause. Her hormones began to change, and, as anyone over 50 might be able to imagine, the easy slumber she'd always taken for granted abruptly became a precious commodity. "All of a sudden I was waking up at all hours of the night," she admits. Even when she managed to fall back asleep, she'd be groggy in the morning. "Sometimes I felt like I was walking around with a hangover," she recalls.

We've all had the experience of pushing through a day (or a week) on insufficient sleep. And, like Murray, we've all thought, 'No big deal; I'll catch up later'. Yet scientists have known for years that not enough sleep is bad for your health. Research has linked poor sleep to diabetes, obesity and even high blood pressure. "It's a pillar of healthy living, just like diet and exercise," says Dr Safwan Badr, head of Sleep Medicine at Wayne State University School of Medicine in the US. In fact, Badr sometimes writes his patients a prescription for "sleep" to underline its crucial nature.

But recently, science has turned up a rationale that both explains why Murray felt as woozy as a party animal on a Sunday morning, and jolts us all to pay more attention to sleep: getting too little of it damages the brain, quite possibly permanently, and raises the risk of cognitive issues like memory loss and Alzheimer's disease. That may sound outlandish, but the facts have been borne out by study after study. Almost a third of Australian women report not getting enough sleep and 37% wake up tired, according to a national survey from the Sleep Health Foundation—and among women in midlife who suffer from what one writer called the "broken thermostat" of night-time hormone swings, a lack of quality shut-eye may be even worse. Read on for four key new facts guiding sleep science right now. It could be the best thing you ever do for your health.

1. NOT SLEEPING MESSES WITH YOUR BRAIN'S VITAL PLUMBING

Fact: our brains naturally diminish with age, but something about sleeplessness appears to hasten the decline. People who have regular trouble falling and staying asleep (one study drew the line at less than 6.8 hours) show changes in brain volume—in regions vital for memory and problem-solving. Yep, not ideal!

"We've always presumed that you can take the weekend to catch up and be fine," says sleep researcher Dr Sigrid Veasey, but that's not necessarily so. When she and her team deprived mice of normal sleep for just three days, they lost 25 to 30% of their locus coeruleus neurons—critical for focused attention. The reason that matters? These are the hardworking cells that keep you tuned in to the highway ahead of you, your boss's PowerPoint presentation, your child's soliloquy about her day. The most shocking part: the mice's neurons never regenerated. Other studies confirm humans also can't easily undo the damage wrought by too little shut-eye, though Veasey cautions it's not clear how much sleep we need to lose to have a similar brain injury.

Clearly, some vital processes are taking place while we slumber, but exactly what sleep accomplishes for the brain has been somewhat of a mystery. That's why scientists got seriously excited last October, when researchers at the University of Rochester Medical Center in the US offered a compelling new theory. Using specialised microscopes to observe the brains of sleeping mice, the team discovered a kind of plumbing system for ridding the brain of unwanted waste. This cellular trash includes beta-amyloids and other proteins, the build-up of which is associated with cognitive problems, including Alzheimer's. They coined the term glymphatic system (a mash-up of glial brain cells and lymphatic system) to describe a brain-cleansing mechanism akin to the lymphatic fluid that sweeps toxins out of the body. The upshot? They found this system became twice as active during sleep, allowing the brain to vastly boost its removal of potentially harmful gunk. Put another way: when you don't sleep enough, your brain risks getting overrun with neurological trash. Sobering, and fascinating.

"Research has linked poor sleep to diabetes, obesity and high blood pressure—it's a pillar of healthy living, just like diet and exercise"

FACT:

The quick-fix (aka sleeping pills) could be doing your brain more harm than good in the long run

Knock back a pill and you might sleep longer, but you may not feel fully awake or refreshed come morning. Worse, some meds might impede your pursuit of a healthier brain: people who take benzodiazepines (like Valium and Xanax) for sleep or anxiety have a higher risk of cognitive issues. In a recent study, those who took them for more than three months were up to 51% more likely to develop Alzheimer's. The bottom line: try meditation, regular sleep times and daily exercise for better sleep in the long run.

7-9

That's how many hours of sleep women need nightly. Over 65? You can get away with 7-8 hours.



2. THE DAMAGE CAN IMPACT YOUR MIND TODAY, TOMORROW, & EVEN YEARS FROM NOW

That haggard feeling after a poor night's rest is only the beginning. Turns out the hampered thinking that makes you groggily pour orange juice on your cereal actually lasts days—perhaps years. In one study, young, healthy people whose sleep was limited to no more than seven hours for seven straight days showed impaired cognitive performance that persisted even after three nights of recovery rest. Even scarier is that with chronic lack of sleep, you may still feel fully rested (pretty misleading, right?). When study subjects are restricted to four hours of sleep for five days, they report feeling very sleepy after the first night, but after that, don't get any sleepier—even though their performance markedly deteriorates. Chronic sleep loss, in effect, blunts your perception

of your own impairment. “You think you’re functioning okay, but you’re not,” Veasey says. You might be able to do rote memory tasks on five hours’ sleep, but anything that requires troubleshooting or complex thoughts will become increasingly difficult.

Sure, juice in your cereal and a few blunders at work may be manageable, but no one wants to set themselves up for a future of memory trouble. And yet that’s what we sleep scrimpers seem to be doing. While there are no long-term human studies yet that draw a direct link with Alzheimer’s, some large studies of people short on sleep show a clear association with mild cognitive impairment and dementia. A 15,000-person study found that less than five hours of sleep over the course of a few years was associated with worse memory performance on tests equivalent to about two years of brain aging. Another compared people who’d had three or four years of insufficient sleep to those who slept better and found the poor sleepers had a whopping 50% higher risk of rapid brain aging—five years’ worth. Still set on your night owl, sleep skipping ways? Didn’t think so.



3. MEDITATION IS SLEEP AND YOUR BRAIN'S PERFECT PARTNER



We've all done one thing or another to try to improve our sleep, but warm milk and smartphone bans only go so far. That the very health of the brain is at stake warrants a heftier commitment. Murray stumbled upon a solution worth that dedication in meditation.

What she didn't quite realise at the time? That meditation is sleep's most natural partner, mirroring

"When you sit quietly and focus on your breath, neurons get into a Greek-chorus act within about 10 seconds"

the brain's activity during the initial phase of rest—called non-REM sleep—which appears to be the more critical phase for basic brain restoration. During waking life, neurons fire intermittently in different parts of the brain. In non-REM sleep, this variable pattern becomes more unison: brain neurons synchronise so that they're firing en masse. "We're not yet sure why it happens, but

this synchronicity may actually reset neurons and also help reduce information overload in the brain," explains Bruce O'Hara, a University of Kentucky biology professor who studies sleep for a living.

Incredibly, a similar effect happens when meditating: when you sit quietly and focus on your breath, neurons get into the Greek-chorus act within about 10 seconds. That sleep and meditation have this effect in common, O'Hara wagers, explains how it is that the ancient practice ushers even the worst tossers and turners into restorative rest. In one study, 20 insomniacs who tried mindfulness meditation were lulled into better, longer sleep—the kind of rest that (in theory, anyway) gives the glymphatic system the time it needs to be an effective spring cleaner. They also reported positive side effects, like thinking more clearly and feeling physically stronger. "Meditation stops the chattering and the ping-pong feeling in the brain," says study author Cynthia Gross from the University of Minnesota.

This quiet mental state is what Murray sought when she began streaming a guided meditation every night. With the voice of YouTube guru Deborah King rising from the laptop by her bed, she goes into a state of relaxation before falling into what she describes as deep and restful sleep. Sounds good to us!

4. THERE'S NO NEED TO BECOME A FULLY-FLEDGED YOGI



That's all very well, but what if listening to someone telling you to visualise waterfalls is your version of watching grass grow? Simple—find a style of meditation that suits you better! “I don’t think it matters which type you do,” O’Hara explains. Sitting or lying, mantra or no mantra (choose a relaxing word to repeat to yourself—or don’t)... any method in which you close your eyes and focus on breathing will set your mind in the right direction.

Nonetheless, committing to meditation in a big way has its benefits as a sleep solution and much more, as perennial insomniac Helen Pockett can attest. “Night after night, I’d finally fall asleep just as it was getting light; then it was time to get up,” admits the busy book editor. Her doctor suggested meditation. Pockett was sceptical. “I assumed you had to clear your mind of all thoughts, and I knew I’d never be able to do that,” she says. Still, she decided to investigate. She read *The Miracle of Mindfulness*, by Thich Nhat Hanh, and *When Things Fall Apart*, by Pema Chodron. “I learned that meditation isn’t about blocking thoughts but about letting them come and then go,” she says. “That definitely unlocked the door for me.”

Another thing to consider? There’s a reason it’s called meditation practice—that’s what it takes, Pockett says. “When I started, I couldn’t do more than about five minutes without getting really agitated, but it builds.” She now does a 45-minute session twice a day, and her insomnia has vanished. For the first time in years, she’s sleeping eight hours a night. “My overall mood has improved, and I’m more productive,” she says. In fact, meditation has come to feel like a sweet indulgence: “I just sit and gather my thoughts, and then I let them go.”

Perhaps the surest sign meditation may be the cure for poor rest? Those devoted to it may be able to get by on less sleep. When O’Hara studied the sleep habits and cognitive speed of seven seasoned yogis, he found that their couple of hours a day of meditation plus as few as four hours a night of slumber gave them the equivalent of seven hours of mental restoration. “Extensive meditation clearly changes the brain,” O’Hara says. Not enough to make sleep unnecessary, just a whole lot easier. And if those kinds of wellness benefits are on offer, pass the meditation cushion, we say! **P**

TRY THIS TONIGHT

● New to meditation? This simple sequence could help flick your sleep switch. Breathe in, then breathe out. Focus on the rise and fall of your abdomen, the in and out of your breath. Notice when you have a thought, but try not to engage with it—you might think, ‘Oh, I’m doing another replay of what my boss said to me today. Easy come, easy go.’ Then simply repeat as thoughts float in and out of your mind.

● A meditation exercise like this could help you fall asleep faster. Even better? You can use it to bolster your brain on the days you aren’t so well rested. When Bruce O’Hara and his colleagues had 10 sleep-deprived novices try the practice for 40 minutes, they improved in reaction-time tests that measure vigilance and attention, skills that fall short when people are tired. Very handy!



Feel calmer and more Zen, in minutes. Just take a deep breath and try one of our three mindfulness exercises at preventionmag.com.au/mind&body

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80% will suffer symptoms

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Mood Swings

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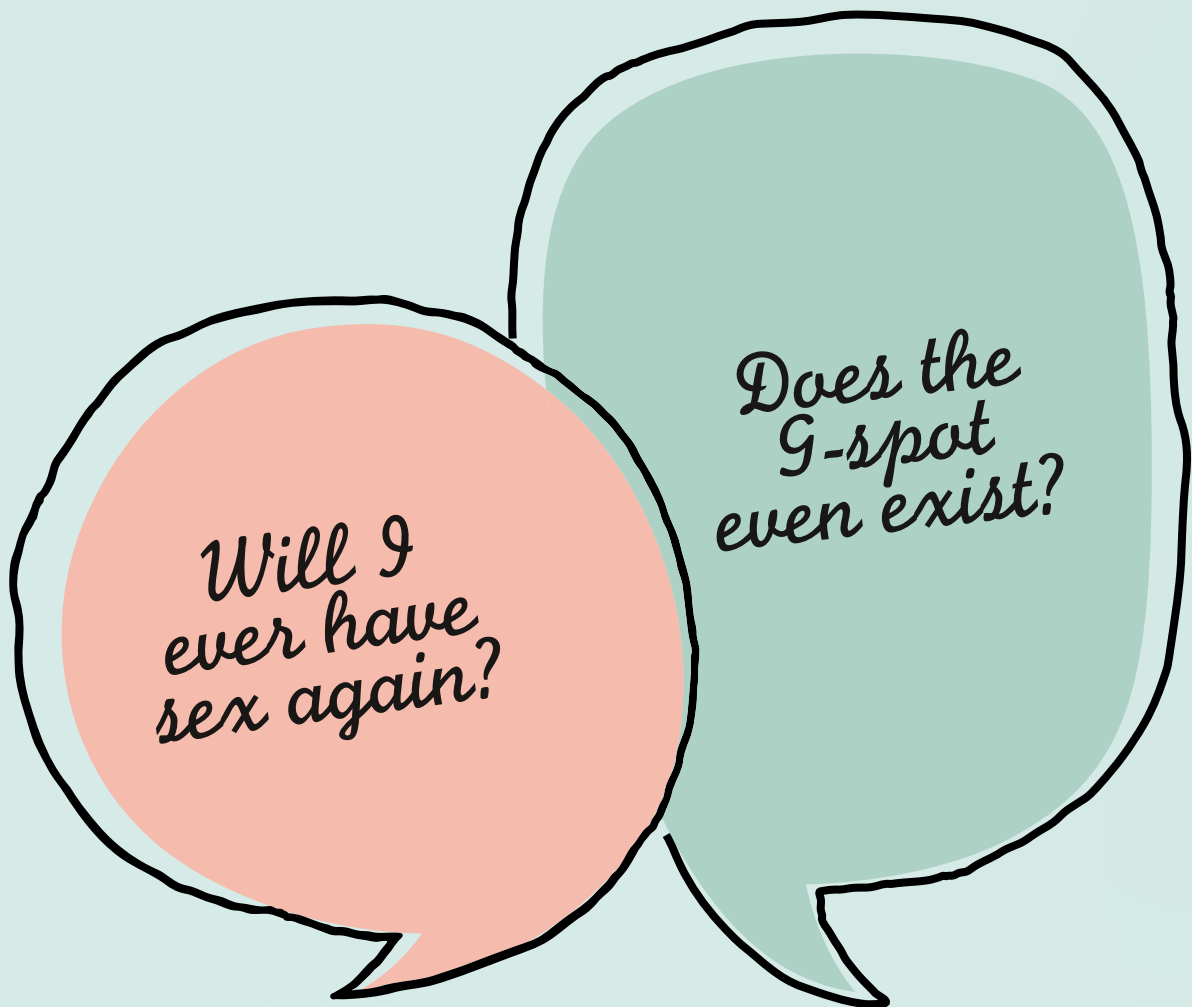


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The awkward **QUESTIONS** **WOMEN WON'T EVEN ASK** **EACH OTHER**

Throw one of these in over brunch and it's likely you'll stop the conversation (and your waiter) in its tracks. So we went straight to doctors and sex therapists for simple, no-nonsense answers

By Megan Othersen Gorman Additional reporting by Kate Walsh



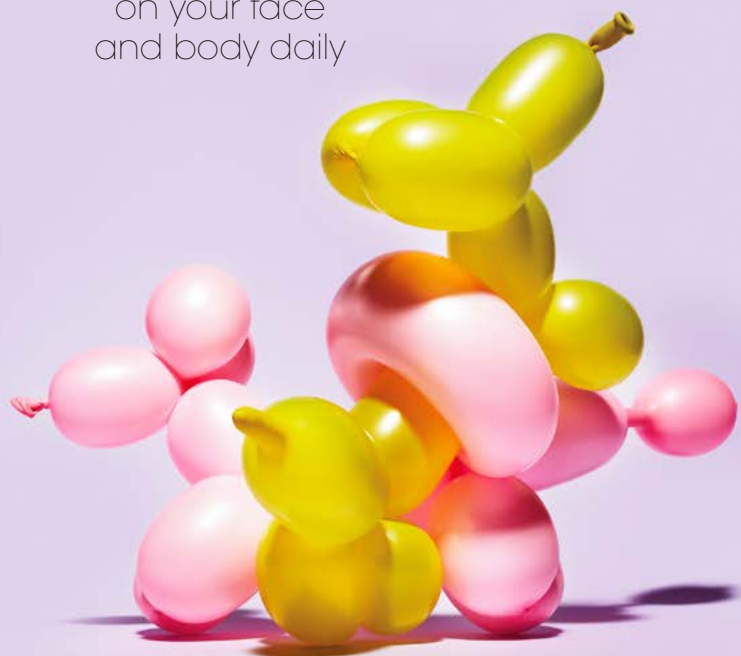
Q

No matter how turned on I am, it's like the Sahara down there. What's going on?

That depends. If you're perimenopausal, blame oestrogen. You need an adequate amount of this hormone to maintain vaginal lubrication, and levels naturally decline during menopause. If you're not yet in the hot flush phase, look at your meds: certain antihistamines can dry other things up, along with your nose. "Spa chemicals, caffeine and even stress can promote vaginal dryness," according to psychologist Laurie Mintz, the author of *A Tired Woman's Guide to Passionate Sex* (Adams Media). Mintz recommends trying some lube—the slippery feeling alone will make you more aroused, which could boost natural lubrication. She suggests a water-based or glycerin lubricant, like Sylk Natural.

Fast
fact

Dry skin? When oestrogen levels drop during menopause, so does the skin's oil production. Try using a slightly richer moisturiser on your face and body daily



Q

Is it possible to tighten the vagina and pelvic floor?

Yes! And the training for doing so isn't all that different from training your abs or biceps. You're working muscles to make them taut—in this case, the muscles of your pelvic floor, including your vagina. "There are clinics in France for this express purpose—what they call *rééducation périnéale*," reveals Louann Brizendine, a neuropsychiatrist at the University of California, and an expert on women's hormones and sexuality. "And they work. The therapy tightens vaginal muscles to narrow a vaginal canal that has come to feel wider [and less sensitive] due to age or childbirth."

In short, it's all about friction. As we get older, vaginal and pelvic-floor muscles slacken, and up to 76% of women experience decreased sensation. The frantic search for friction has led to a slew of vaginal tightening procedures. In the '50s, gynaecologists tightened the entrance of the vagina with an extra "husband's stitch" while repairing damage after childbirth. Today, surgeons narrow the lower third of the vagina by either injecting a bulking agent or removing part of the inner lining, then closing it with an absorbable suture. Do the procedures work? Yes. Do they last? There's no data, and no guarantee.

Which brings us back to the less-invasive options and the international experts in love. In France, re-education involves biofeedback (namely, watching images of the pelvic floor muscles working on a screen) or electrical stimulation (electrically producing muscle contractions in a woman's southern hemisphere) and manual penetration, where tightenees are asked to pull two of a technician's fingers in and up simply by contracting their appropriate muscles. But you can achieve similar results—whether or not you've ever pushed out a 4kg bub—with pelvic-floor exercises.

To locate them, stop the flow next time you urinate. The muscles used are the same ones engaged during pelvic floor exercises. Do 5 to 10 daily, contracting your pelvic-floor two to four seconds at a time before relaxing. As you get stronger (and tighter), do more and hold longer. But if these exercises cause pain or intercourse becomes painful, you might belong to the 24% of women whose pelvic floor muscles are too tight, says Dr Patricia Neumann, principal physiotherapist of The Pelvic Floor Clinic in Adelaide and a specialist continence and women's health physio. Whether your muscles need tightening or relaxing, a pelvic examination is worth it. You can find a trained pelvic-floor physio through the Australian Physiotherapy website at physiotherapy.asn.au

TO BALANCE YOUR HORMONES NATURALLY, FILL UP ON PLENTY OF PLANT PROTEIN, THINK TOFU AND LEGUMES

Q What do men really think about waxing vs grooming?

Not long ago, pubic topiary was the norm, but now *au naturel* is all the rage. Gwyneth Paltrow famously revealed to Ellen DeGeneres—and the world, seeing as the news was shared on live television—that she rocks “a ’70s vibe” down there (although she later backtracked somewhat), while Cameron Diaz, in promoting *The Body Book* (HarperWave), has waxed more poetic, extolling the virtues of a “lovely curtain”.

And if the results of a recent British survey are any indication, you may be able to cross one more thing off your to-do list. Of the almost 2000 women who answered a poll conducted by online pharmacy UK Medix, 51% said they don’t “style or groom their

pubic hair”, 45% admitted they could “no longer be bothered to keep up the grooming” and 62% revealed that their partners actually “prefer the natural look”.

So what about those sporting XY chromosomes? “If you ask guys on the street what they think about pubic hair, a lot may say they want grooming,” reveals author, therapist and relationship expert Amber Madison, who interviewed more than 1000 men about sex, love and dating for her latest book. “It’s a preference—no more, no less. But when it comes down to actual behaviour, it’s a little different. If he’s turned on by you, then he won’t even think about it.” But ultimately, it comes down to what you prefer—if you want to break out the hot wax, or just do the occasional trim, then go for it. It’s your choice and don’t let anyone else tell you otherwise!



Q Now that online dating is so incredibly common, is sex on the first date considered more socially acceptable?

Society does seem to have moved on from those nights on your parents' porch when a peck on the cheek was as intimate as a first date got. But with 80% of women over 40 feeling more confident in bed than they were in their 20s, according to the latest *Prevention* Sex Survey, and matchmaking websites the go-to way to meet potential partners for many, sex is definitely on the menu early on.

"The reality is, if you have a good connection with someone, the rules mostly go out the window," says relationship guru Andrea Syrtash, the co-author of *It's Okay to Sleep with Him on the First Date—and Every Other Rule of Dating, Debunked* (Harlequin Non-Fiction). "That doesn't mean you don't have some strategies or follow social cues, but it means you follow your gut and your heart more than arbitrary rules that someone told you you should or shouldn't follow. Our tagline is: 'Don't trust the rules. Trust yourself.'"

And if you can't do that, trust a guy. Syrtash quotes her co-author, Jeff Wilser: "Never in the history of man has a guy said that he has a problem: He's met a wonderful, attractive, sweet, smart, funny woman, but he can't call her again because she got naked too soon."

"Men don't think like this," according to Syrtash. "They're into a woman or they aren't. If a woman sleeps with a man and he doesn't call her again, he never saw long-term potential."

Are there any hard-and-fast rules left? "Don't wear pajamas on a first date, and don't yell at your waiter," jokes Syrtash, who notes that these days love stories don't follow a one-size-fits-all set of rules. Even Lizzie Post, the great-great-granddaughter of rules maven Emily Post and the co-author of *Emily Post's Etiquette* (William Morrow), agrees. "It's up to you whether you have sex on the first date or not," she says. "Tonnes of people would say don't, but we've all heard stories from people who did and ended up married. It's about you, not etiquette. And we as a society seem to understand that." If you ask us, it's about time!

Fast fact

Research has found that exercise is directly related to sexual satisfaction: the more you work out, the happier you are in bed

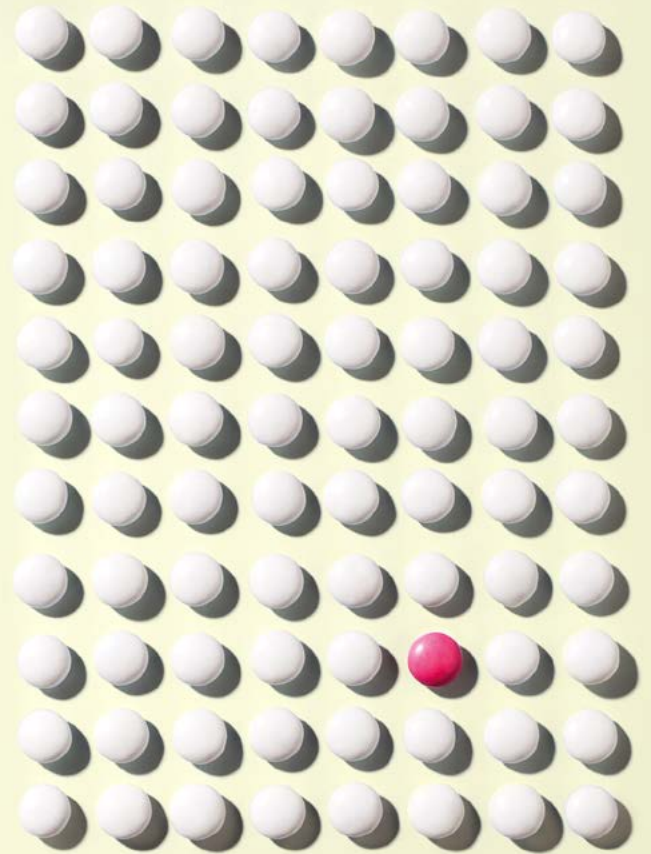
Q *Fifty Shades of Grey* has got everyone talking about sexual boundaries. Is there a way to spice things up, minus the handcuffs?

Fact: More than 100 million copies of EL James's popular bondage-lite trilogy have been sold and surreptitiously salivated over (thank God for Kindles, right?) and we flocked to the film adaptation of the first book. Even more amazingly? Hardware stores also started reporting that sales of rope were on the up, thanks to women looking for a simple way to bring a touch of bondage into the bedroom.

The naughty novels combined with easy access to internet porn have changed the sexual landscape and conversation (and shopping lists?) of our time. So much more now seems possible. But if you're keen to spice up your usual bedroom repertoire, we have one word of advice: take it slow—especially if your partner happens to have a mild heart condition!

Keen to dip a toe into the water? Start with sexy props that won't scare your man away, suggests Marisa Bennett, author of *Fifty Shades of Pleasure* (Skyhorse Publishing). "Use a silk scarf from your closet or an eye mask as a blindfold," she says. "Or have him tie your wrists to your bed frame with it. It will be much less intimidating than a set of specialty handcuffs. Start with simple touches—you don't even have to have sex the first time you try it."

One thing to consider? Just because *Fifty Shades* opened up more sexual possibilities doesn't mean that you have to take advantage of them. Firing up your libido, boosting intimacy and creating a truly satisfying sex life is completely individual. So take your cues from real life, rather than the silver screen.



FIRING UP YOUR LIBIDO, BOOSTING INTIMACY AND CREATING
A SATISFYING SEX LIFE IS A COMPLETELY INDIVIDUAL THING



Q Where the heck is the G-spot?

In the May 2012 issue of *The Journal of Sexual Medicine*, semi-retired Florida-based gynaecologist Adam Ostrzenski claimed to have mapped the exact locale of the G-spot after years of debate. Its position? According to Ostrzenski, it's located "on the dorsal perineal membrane, 16.5 millimetres from the upper part of the urethral meatus," (to be precise) and consists of small, grapelike clusters of erectile tissue housed in a sac less than one centimetre across and nestled between the vaginal wall's fifth and sixth layers. Obviously. "For all you searchers, the G-spot isn't an organ," cautions sexuality expert Louann Brizendine. "It's an anatomical area, and not only does it vary greatly in exact location from woman to woman, but it's also much more defined in some women than in others. Some women experience a

very specific spot that, if stimulated, leads to orgasm, but the holy grail of female sexual pleasure remains the clitoris." Mintz agrees—vociferously. "Amen to that!" she says. "Some people say that the G-spot is a myth, but it's not. It's a complicated area where many organs meet, and its sensitivity varies, and not all women enjoy G-spot stimulation. But it does exist. The myth is that every woman has a perfect little spot that need only be touched to trigger a gargantuan orgasm. Sorry, no." Still intent on planting a flag on your G-spot? Self-exploration isn't the surest route. "Just as a flaccid penis is very different from an erect penis, the vaginal canal is a different organ when you're intensely aroused," says Brizendine. "So it's tough to discover whether you have a very sensitive G-spot through self-exploration." She suggests experimenting with a variety of sexual positions to find one that stimulates both the clitoris and the most sensitive area of your vaginal canal. Got it! **P**

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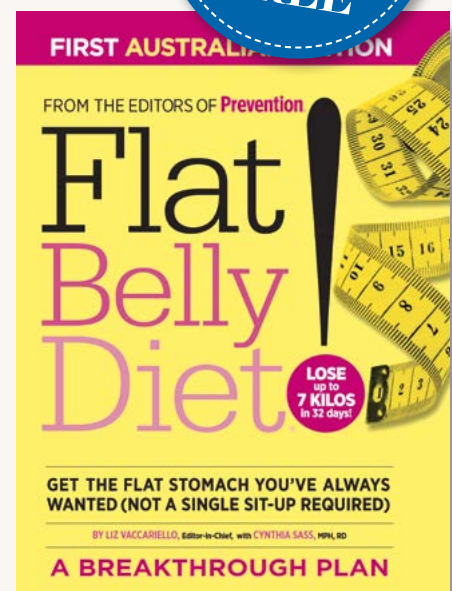
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HURRY! Stocks are strictly limited

How I eat CLEAN

Wonder how happy, healthy women stay that way? We asked four wellness lovers to reveal the food habits that transformed their life and energy levels

As told to Bonnie Cleaver and Kate Walsh

SALLY OBERMIEDER

When she was diagnosed with breast cancer three years ago, it changed her life forever. Now this 41-year-old Daily Edition co-host is on a mission to spread a new wellness message.

I started eating clean in my mid-20s. After having gained a lot of weight through emotional eating while working in a job I disliked, I needed to lose weight and re-establish a healthy relationship with food. Along with exercise, I discovered that I felt the best when I ate clean. To me, that means being conscious of what I'm putting into my body. I choose natural foods and organic as much as I can.

I led a healthy lifestyle before cancer.

But the biggest change for me was in my recovery, which is when I discovered green smoothies. My body had been through a battlefield, and I needed to rebuild. Plus I had a lot of baby and chemo weight to shed. I was shocked to discover that this humble concoction of spinach, kale, broccoli, banana and a few extra superfoods made such a huge difference. The weight fell off, my hair and nails grew back, but even better—I felt healthy, strong and full of energy. A year later, after making hundreds of different smoothie mixes with my sister Maha, we released our e-book *Super Green Smoothies*. Now Allen & Unwin is publishing a paperback version in April.

Eating well makes me feel fantastic. I have so much more energy. In turn, I'm motivated to set the alarm and get up to work out. If I work out then I eat better and also find that tiny bit of 'me time' makes me a better (read: more

patient!) mother, wife, sister, friend, employee and employer. In general, a better human!

For me, it's about balance. I am healthy, and even more so since my cancer treatment. But at the end of the day, I'll order dessert when I'm out. Life's too short to not eat the good stuff! I'm definitely not one to deny myself something, if I really want it.

I aim for six small meals a day, which means that when I leave the house, I'm not starving and more likely to choose a healthy option. I also carry snacks, like vegies (snow peas are my go-to), fruits, dates and nuts just in case I need something. My signature dish is slow-cooked Greek-style lamb.

It's great for entertaining, and leftovers! For dessert I can make a rhubarb pie in under 15 minutes! As for the snack I can't live without? Bananas. Oh okay... chocolate covered liquorice is up there too.

Every day starts with a green smoothie.

Then mid-morning, it's a macchiato. Lunch might be a tuna or goat's cheese salad, roast chicken with vegies or, in winter, a toasted cheese and tomato sandwich on Sonoma sourdough. For dinner, my all-time favourite is pasta so I'll have a big bowl with tonnes of vegies. Otherwise I go by the standard formula: one serve of protein, one of carbs and three of veg. Before bed, I have some warm almond milk with Serenity powder by James Duigan. It's full of herbs and anti-inflammatories to help you sleep.

Honestly, I feel the best I've ever felt. Better than before I had cancer! Yes, I have more scars, but I've come to accept them. I'm happier and healthier, and for that I'm grateful. This year, my aim is to be consistent with exercise and work out five times a week. I want to keep getting stronger.

“
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DR LIBBY WEAVER

Need more proof the right food can be powerful medicine? Just ask this nutritional biochemist, speaker and author of five best-selling books.

To me clean eating means having as much real food as possible and choosing organic, biodynamically or homegrown produce. I started eating this way in my 20s when my digestive system let me know it was no longer happy with refined carbohydrates. I was a university student and, other than a no-added sugar wheat-based cereal and the occasional pasta meal with flatmates, I didn't really have any other refined foods in my day. Although I tested negative for coeliac disease, all of my digestive system symptoms were resolved without gluten. That was 16 years ago now.

In my opinion, there's no one-size-fits all approach to eating. What serves individuals can be quite different and impacted by so many different factors. If you get caught up in a label, you can miss your body being your best barometer.



Clean eating on the road

I book hotels based on where I want to eat so I can just walk to the restaurants I love. Also, most hotels will make you steamed vegetables if you ask for them, even if they aren't on the menu.



I don't follow a labelled way of eating. Instead, I pay attention to what I feel my body wants. Eating this way makes me feel energised, happy, grateful, nourished, calm and gives me clarity of mind.

If I have to call myself anything, I say I'm a flexitarian. Food rules imply rigidity and restriction to me and I've never felt restricted. When my digestive system wasn't working optimally, I couldn't tolerate carbs, except the small amount found in vegetables. I did well with slow-cooked meals, mostly based on animal protein and water-based vegies. After healing my gut many years ago, my diet broadened and now I feel great eating a wide variety of real food, mostly plants and plenty of healthy fats, like avocado, olive and coconut oil.

I include a decent amount of healthy fat with breakfast. In the morning I'll often go for eggs and veg, or eggs on gluten-free bread made from ground whole-brown rice, pumpkin and seeds. I also love avocado with loads of lemon juice, parsley and salt. I'll often eat one of those options for lunch, or leftovers. Dinner is dahl, vegetable casserole, an Extra Green Frittata from my book *Real Food Chef*, or my version of fried rice, which is mostly greens with cashews and egg. I eat organic red meat or fish with piles of vegies a few times a month, or more often if I feel like it.

My signature recipe was a chance find. It's a smoothie I made up when I'd been overseas working and had arrived home after a long haul flight. I didn't have loads of fresh food in the house so I cobbled this together and loved it. It's made from soaked almonds, ABC spread (almond, brazil and cashew nuts), two dates, a frozen banana, kale or spinach, coconut water and I often add a green powder made from ground-up, organic, whole, green plants. I've been drinking it ever since!

Without our health, we have nothing. That's something I always stress. I do tailor my advice to each individual, however, one overarching concept that stands behind my nutrition philosophy is that when it comes to food, nature gets it right and it's potentially human intervention that can get it wrong. The way we feed ourselves is the most basic form of self-care we can practise. For me that means organic, real food. What could be simpler?



I DON'T FOLLOW A LABELLED WAY OF EATING. INSTEAD I PAY ATTENTION TO WHAT I FEEL MY BODY WANTS



TESS MASTERS

Better known as *The Blender Girl*, this 41-year-old blogger has 30,000 Twitter followers, a new smoothie app and no plans to stop anytime soon.

I first started eating clean when I was diagnosed with Epstein-Barr virus. It happened in my teens and a naturopath suggested I give up gluten and dairy. It had a profound impact on my energy levels and overall health. I became intoxicated with the idea of food as medicine, and have been on a journey of discovery ever since. **Plenty of organic whole foods are key.** For me, that could mean an alkaline green smoothie for breakfast, a raw power salad with avocado and sprouts, a raw or cooked soup and a scoop of cultured vegetables for lunch and a veggie dish with leafy greens for dinner. I snack on sprouted nuts or kale chips and add chlorophyll to my water.



Power blend

Serves 2
1 cup fresh OJ
2 ripe pears,
cored, seeded
and chopped
2 cups frozen
blueberries
1/8 tsp ground
cardamom

Blitz all ingredients and drink up for an instant energy, immunity and nutrient boost.

My signature recipe is the Creamy Cauliflower Soup from *The Blender Girl* cookbook. I've been making it for over 20 years, and it's still my most requested recipe from family and friends. With just six simple ingredients—olive oil, leeks, garlic, cauliflower, vegetable broth and blanched almonds—you can have a mindblowing meal that will make you look like a gourmet chef in just 30 minutes. You can't believe something so simple can have such an extraordinary flavour and decadent creamy texture. It epitomises my "no frills and lots of spills" approach to simple, healthy, fast food.

I've become fascinated with superfoods and Chinese herbs in the last five years.

Grounding or earthing (walking barefoot in my garden and at the beach and sleeping on a grounding sheet) has been a game changer, improving my quality of sleep and my digestion. At the moment, it's the biohacking movement of creating the most nutrient-dense experience with every meal that I find most interesting. This idea challenges me to constantly learn and grow, influencing my food choices and recipe development. I've also recently gone grain free.

My go-to exercise is rebounding, basically moves on a small trampoline. It's low impact and stimulates every cell in your body. It's fantastic for the lymphatic system. I also love hiking and yoga. I'm working on getting physically stronger, and moving more during hours when I'm working at the computer. I'm also trying to find a better balance between work and play. At 41, I'm feeling strong, bold, fearless, energetic, playful, grateful, happy and really comfortable in my own skin.

I always carry water to stay hydrated.

I also make sure I have sachets of Celtic sea salt to season food in restaurants. When ordering at places without many healthy options, I look for raw salads or steamed veggies, and often ask for a ramekin of extra virgin olive oil and lemon wedges to dress it with my salt. Most eateries will do a quick stir-fry for you, too. When I'm travelling, I carry snacks like sprouted nuts and seeds, kale chips or fruit. I also find a supermarket or health food store when I arrive in a new city to pick up staples like cucumber, carrots and celery that I can pair with healthy pre-made dips like hummus.

In short? Feeling healthy and well is about listening to your body. Enjoy your food and adapt as your needs change. Act from a place of abundance and choice instead of depletion and guilt. Try and source your food locally and eat as much organic, fresh, raw, sustainable, whole foods whenever you can. Oh, and eat your greens!



LORNA JANE CLARKSON

When you run a global activewear empire turbo-charged energy is a must—and this savvy entrepreneur chalks it up to one thing.

Fortunately for me, I was taught from an early age how important it was to fuel my body with only the best real foods and it's how I've lived my life ever since. For me, clean eating is about removing processed foods from my diet and choosing foods that are as close to their natural state as possible. Just the way nature intended. I eat a predominantly plant-based diet, that also includes whole grains, proteins and good fats.

A typical day on my plate looks something like this. For breakfast, I'll often have a smoothie. I get the ingredients ready on the weekend and freeze them so all I have to do



My go-tos

I always have plenty of dark, leafy greens and loads of fruit and veggies on hand. I can't live without natural yoghurt, kombucha tea and nut milks, as well as eggs, peanut butter, tahini and plenty of coconut water.

is grab the bag, add the liquid and blend! For lunch, I might have shredded dukka chicken tossed through a roast brussels sprout salad. Mid-afternoon, I'll have natural yoghurt with homemade trail mix—I add a few dark chocolate nibs to make it extra delicious! Dinner might be salmon pan-fried in coconut oil with kale and a roast vegetable salad. Dessert is a cup of herbal tea and one or two of the salted caramel cups, from my new cookbook *Clean and Simple Eating*.

I'm always learning new things about nutrition. I read a lot about it and do a lot of my own research because it's something that I'm really interested in. I also think that with age I've become more intuitive about what my body needs. For example, I now eat a lot more protein because my body responds really well to it.

My number one tip for eating well is be prepared. If I have a busy day, I make sure I eat a bigger breakfast, just in case lunch ends up being at 2 or 3pm. I also pack homemade snacks in my bag, like nuts or a piece of fruit, if I need an energy boost along the way. When eating out, I always look at the menu online beforehand to make sure there are going to be healthy options available. I also never go to a restaurant hungry!

I'm a strong believer that you are what you do every day, so I have a few non-negotiable rituals. I start with meditation and stretching. I then have a mix of apple cider vinegar and lemon juice. Next is my workout, which is anything from strength training with my PT, to yoga, a run or simply walking my dog. After a shower, I make breakfast (at the moment my go-to is homemade muesli) and catch up on overnight news from our international offices, then I head to work round 8.30am. I'm home around 6pm, when I relax with some yoga or walking my dog before a home-cooked meal with my husband Bill. I usually head to bed around 9.30pm and do a few minutes of meditation!

I turned 50 last year and I'm feeling absolutely amazing! I honestly think I feel better now than I did in my 30s and I know without a doubt it's because I exercise and eat really well every day. I believe the connection between what we eat and how we feel is extremely powerful. Eating 'clean' makes me feel vibrant and energetic and quite frankly I wouldn't want it any other way! I have no doubt that I would never have had the energy to achieve what I have in my life and my business if I didn't eat as well as I do, and ultimately Lorna Jane wouldn't be the success it is today! **P**

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DO LESS, **FLATTEN YOUR BELLY**



According to metabolism guru Michelle Lovitt, the secret to shifting fat after 40 is working smarter—not harder. This new breakthrough science is guaranteed to blow your mind

By Bari Lieberman

The sun was just breaking over the LA horizon as celebrity trainer Michelle Lovitt kicked off another early-morning workout with her new client. On the agenda was an intense, 45-minute strength-training session that involved seemingly endless burpees and squat jumps. It was gruelling, but this client—a charismatic and likeable overachiever in her 40s—was willing to put in the work. She'd come to Lovitt with the same goal as many of the other entertainers and athletes the exercise guru has trained over the years: to shed the fat that collects around the middle in the stretches between gigs or seasons.

Wishing for a flat belly isn't out of the ordinary, but for actresses like this one—we'll call her Client X—having one is practically a job requirement. And while anyone would consider her lean and lovely, she was battling a layer of ab flab that previous trainers hadn't been able to help her shake. It was a challenge Lovitt was more than happy to take on. After all, if someone with access to the best resources couldn't disprove the idea that abs go kaput at 40, how could any other woman stand a chance? For months, Lovitt ran Client X through a plan so demanding, most of us would rather live with the extra roll than subject ourselves to it: ►

hour-long treadmill runs, killer strength sessions, and ab work that included holding planks for a full minute with perfect form. It was a fat-shedding recipe that Lovitt, an exercise physiologist, sports nutritionist and creator of the Ultimate Flat Belly DVD, had always used with success. The cardio burns through the fat, the circuit work spikes metabolism and the core exercises take care of the rest. Simple. In weeks, Client X's arms and legs were defined and slender.

But when it came to her belly fat, Lovitt recalls, something was off. They'd scrubbed her diet, already relatively clean, until it sparkled. In the gym, Client X had put in more and more effort. But that little layer of belly fat refused to move. Lovitt, approaching 40 herself, became frustrated. "I was exhausted thinking about it," she admits. "It wasn't sustainable, and it still wasn't delivering the body results she wanted."

THE FACTS ON BELLY FAT

What Lovitt and Client X were fighting an uphill battle against was what most of us with XX chromosomes know too well: the dreaded middle-age fat migration. While it tends to hit with a vengeance in your 40s and 50s, the shift starts in your 30s, when you begin to lose a kilo of lean muscle a year, resulting in a 5% slower metabolism every decade. Then, in your mid-40s, the hormonal storm of perimenopause kicks in, morphing you into a shape-shifter. As oestrogen levels naturally begin to drop, fat that typically lingers on the hips and thighs pulls up stakes and settles in where it's wanted even less: the belly. "Other than your ovaries, your fat cells—especially those around the stomach—are the only place the female body can produce oestrogen," says Deborah Clegg, associate professor of internal medicine at the University of Texas Southwestern. "As the ovaries slow down, your belly-fat cells try to pick up the slack and, as a result, swell and multiply."

As the training sessions rolled by, Lovitt felt the tension gradually building. Client X was getting fitter but her belly wasn't any flatter. Driving home one morning, Lovitt wracked her brain for answers. "Chill out," she told herself. "You're too stressed

to think clearly." And then, a light bulb clicked on: What if the stress of trying so hard to eliminate the fat was actually making it more difficult to do?

Cortisol, a potent stress hormone with a knack for holding on to abdominal flab, is never not a problem for women—try and think of a time when there was no stress in your life. But starting in your 40s, levels naturally climb. Just as our ageing joints don't work as well as they did in our 20s, researchers say, the part of the brain that helps regulate the hormone (for science types, that's the hypothalamic-pituitary-adrenal axis) stops performing at its peak. That up-tick in cortisol might make as big a difference in your waistline as taking up a nightly glass of wine: Yale researchers found that women with high cortisol levels had more abdominal fat even if they were slender elsewhere. Client X, Lovitt realised, had multiple drivers of cortisol creep built into her life. She was driven. She exercised like a fiend. And she was on a chronic diet.

"When you want to shed fat, the natural instinct is to adopt an 'eat less, exercise more' mentality," explains Jade Teta, an integrative physician and the author of *The Metabolic Effect Diet*. "But this may cause metabolic stress and actually raise cortisol levels, which only compounds your problem."

Of course, any physical activity can create stress on the body, resulting in the production of cortisol. "The problem arises when you train too hard too often and don't take enough time to rest and recover," explains performance coach and exercise physiologist Pete McCall. In short, the ultimate weight loss catch 22.

WHY DOING LESS ACHIEVES MORE

But as Lovitt connected the dots, a theory slowly started to percolate: perhaps when you hit your 40s, the trick isn't always to push harder—sometimes it could be doing less. (Yes, you read that right, less!) The solution was counterintuitive, and Client X wasn't easily convinced to give it a try. (Mind you, this was before short, intense training programs like HIIT and Tabata had hit the mainstream). Finally, Lovitt got real and levelled with her: "I realise how crazy it sounds, but give it a go and let's see what happens."

WALK OFF BELLY FAT!

Want to ramp up your results? Do this 50-minute workout four times a week and you'll lose up to 6 kilos in a month!



Step 1: To get started, warm up for a total of 10 minutes. Walk at an easy to moderate pace for 5 minutes, then more briskly for the next 5.

Step 2: Next, do cardio intervals for 10 minutes. Alternate tough intervals (like skips and lunges) with walking as fast as you can, allowing your breath to slow.

Step 3: Tackle strength intervals for 20 minutes. Try push-ups, burpees and side planks. Alternate your strength moves with a gentle walking recovery.

Step 4: During a 10 minute cool down, slow down from a brisk speed to an easy pace over 7 minutes. Stretch your calves, hamstrings and quads: 3 minutes.



HOW TO HIT THAT SWEET SPOT

Lovitt knew that if her hunch didn't work, she'd be out of a job. Even worse? She would have no recourse for future clients (or herself for that matter) when the after-40 hormone change locked in. She also knew that her scaled-back plan had to hit the perfect note: intense enough to burn stubborn fat, but not so wicked that cortisol levels spiraled upward. To achieve that, she decided to start watching her client's heart rate like a hawk.



A few weeks later, it happened. Belly fat began slowly, visibly falling away. And it stayed off.

The program itself wasn't hard to construct. She broke Client X's long runs into shorter intervals, alternating between running at 85 to 90% of maximum heart rate (MHR) and walking at 60 to 70% of MHR. To keep her heart rate in the Goldilocks zone (not too high, not too low) during resistance work, Lovitt cut back on burpees and favoured standing core moves like lunges with knee lifts. Instead of one day off a week, Lovitt built in two. She also added kilojoules, swapping her client's previous "breakfast" (a latte) for sprouted bread with avocado and egg whites. Then she waited. Within a few weeks, Client X noticed her first shift. Her abs—after months of effort—showed glimmers of definition. Then, a few weeks later, it happened. Her belly fat began slowly, visibly falling away. "Not only did it work, but it was something she could stick with long-term," says Lovitt. Mission accomplished.

A MORE TONED TUMMY, FOR LIFE

Lovitt never monitored Client X's cortisol levels. She couldn't prove that allowing the woman's body to de-stress was critical. But, confident in her theory, Lovitt began using the tone-down-to-tone-up method with all her clients wanting to shed the 40-plus roll—and that eventually included herself. "I'll never forget thinking, 'This really does happen,'" she says. As remarkable results rolled in, Lovitt learned it wasn't a fluke. Client X had proved to be a harbinger of a sustainable, effective solution.

Want to create the kind of flatter, more toned tummy you never dreamed possible? Simply turn the page. All you need is a resistance band, some light hand weights and a few metres of space. ▶

40+ metabolism MAKEOVER

Fitness guru Michelle Lovitt hasn't counted kilojoules since the '80s. Her secret? Fill your fridge with clean foods that make healthy eating a cinch. Here's a sneak peek inside her science-loaded shelves

GREEN TEA

Drink four cups daily for three months and you'll have less belly fat than those who sip other caffeinated beverages, according to one recent study.

SPROUTED WHOLEGRAIN BREAD

Enzymes produced during sprouting make the grains easier to digest.

ORGANIC APPLES

Soluble fibre in the skin helps stabilise blood sugar. One of Lovitt's go-tos.

MUSHROOMS

High in vitamin D, which has been linked to reduced body fat in post-menopausal women. Lovitt tosses mushies in salads and sauces.

TOMATOES & GARLIC

Lovitt loves this power pair. Tomatoes have cortisol-lowering C, while garlic boosts metabolism and regulates blood sugar.

BLUEBERRIES

These tiny blue gems contain antioxidants that seem to help the body burn fat rather than store it.

AVOCADO

A good source of belly-fat-quelling fatty acids, fresh avos are great for guacamole, salads and smoothies.

KALE & BROCCOLI

Both contain indole-3-carbinol to help reduce levels of fat-building oestrogens.

CHICKEN & TURKEY

Women who get 30% of their energy from protein weigh less than those who get half that amount, research found.

GREEK YOGHURT

High in protein, with bloat-busting probiotics. It's ideal for pre- or post-workout snacking.

LEMON WATER

High levels of vitamin C can reduce cortisol, while staying hydrated wards off bloat and prevents metabolism plateaus.

SALMON

A regular on Lovitt's grill. This pink fish is packed with omega-3s, fatty acids that help build muscle.

The flat-belly WORKOUT

Yes, it's possible! We asked Lovitt to create and demonstrate a firm-abs plan for the 40+ metabolism—and she delivered. It uses full-body toning and quick cardio bursts to deliver serious results, fast!

HOW TO DO IT:

Do this easy circuit twice: each exercise for 1 minute; then the cardio burst for 30 seconds. Rest for 2 minutes between each circuit and tackle it 3 or 4 times a week for best results.

1 PIKE KICK

TARGETS: Your legs, core, shoulders and back
Stand with your feet together and arms extended overhead, holding one weight horizontally in both hands. Keeping your arms straight, lower the weight in front of your body and raise your right leg parallel to floor as shown below. Reverse the movement, then repeat with your left leg. Continue alternating sides with each rep.
MAKE IT EASIER: Bend your leg and raise your knee to hip height. It will take the pressure off but still tighten your mid-section.



2 REVERSE LUNGE WITH TWIST & PULL

TARGETS: Butt, thighs, core, shoulders, upper back
Stand with your arms extended forward at chest height, holding one end of a resistance band in each hand. Step your left foot back and lower into a lunge. Twist your torso over your right leg and pull your hands farther apart, stretching the band as shown. Return to the start, then repeat on the opposite side. Alternate sides with each rep to sculpt and tone your entire mid-section.
MAKE IT EASIER: Grab the resistance band near the ends.

3 SQUAT PUNCH

TARGETS: Butt, thighs, core, shoulders, arms
Stand with your feet slightly more than hip-width apart, a weight in each hand. Bend your elbows and raise the weights to shoulder height, palms facing forward. Lower into a squat. Straighten your legs to stand and twist torso to right, coming onto the ball of the left foot and extending the left arm at shoulder height as shown. Lower into a squat and repeat punch on other side. Alternate sides with each rep.
MAKE IT EASIER: Ditch the weights; imagine punching through thick, dense air to create extra resistance.



4 CARDIO BURST: PLANK JACK TO CLIMBER

TARGETS: Core, chest, shoulders
Assume a push-up position, your arms straight and feet together. Keeping your core tight, hop your feet out so they're wider than the mat as shown, then hop back to the start position. Next, draw your right knee toward your chest. Pause, then return to the starting position and repeat with the left knee. Return to starting position to finish 1 rep.



5 SIDE-ANGLE BENT ROW

TARGETS: Butt, thighs, core, upper back
Anchor the end of your band under the inside of left foot, the other end in your right hand. Step your right foot back and bend your left leg until your thigh is nearly parallel to the floor. Lower your right hand to next to your left shin, then pull your right elbow toward your right shoulder as shown. Slowly lower your right hand to beside your left shin. Continue for 30 seconds; repeat on the other side for 30 seconds.

6
REPEAT #4
CARDIO
BURST

7 PLANK HIP DIP

TARGETS: Core, shoulders, arms
Start in a forearm plank position, with your elbows under your shoulders (a). Keeping your core tight and spine long, twist your hips so your right hip grazes the floor (b). Return to the centre and repeat on the opposite side. Continue alternating sides with each rep.
MAKE IT EASIER: Ditch the twist or drop to your knees and hold a modified plank position. You'll still get the same ab-toning benefits.





8 PLANK WALK-IN

TARGETS: Butt, thighs, core, chest

Assume a push-up position, with your arms straight and spine long. Keeping your core tight, step your left foot next to your left hand as shown above, then your right foot next to your right hand, coming into a deep squat. Pushing through your heels, stand and raise your arms overhead. Slowly reverse the move to complete one rep.

MAKE IT EASIER: Stop at the squat, rather than coming to standing.



9 GLUTE KICK

TARGETS: Your butt, thighs and core

Lie on your back with your left knee bent and right leg extended above your right hip. Lift your hips off the floor as shown, then pause, lower your hips, keeping the right leg extended. Keep lifting and lowering for 30 seconds. Repeat on the other side for 30 seconds.

MAKE IT EASIER: Keep both feet on the floor and pulse your hips up and down. This move lifts and tightens your butt like no other!

10
REPEAT #4
CARDIO
BURST



11 BIRD DOG CRUNCH

TARGETS: Butt, core, shoulders, arms

Start on all fours, holding one weight in your right hand. Slowly extend your left leg behind your body and your right arm forward with the palm down. Slowly pull your right elbow to your left knee as shown, then extend your arm and leg back to start. That's one rep. Continue for 30 seconds. Repeat on opposite side for another 30 seconds.

MAKE IT EASIER: Keep both hands on the floor; extend and crunch with your leg only. The result? More toned thighs.

12 BOAT WITH T-ROW

TARGETS: Core, back, chest, shoulders

Start seated with your knees bent and feet flat on the floor, holding one end of your band in each hand. Engage your core, then lift your feet off the floor and balance on your sit bones as shown. Extend your legs and your lower torso above the floor, pulling your hands apart, stretching the resistance band. Pause, then return to balance on your sit bones.

MAKE IT EASIER: Don't use the band and place your hands on the floor beside your hips for extra support. **2**

13
REPEAT #4
CARDIO
BURST



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Smart ideas for your healthy lifestyle...



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Qsilica One-A-Day tablets contain a combination of nutrients to support the health, function and appearance of your skin, hair and nails. Qsilica One-A-Day tablets provide nutrients involved in collagen production and offer antioxidant protection. Mineral silica plays a role in the healthy growth and functioning of connective tissue, including hair, skin and nails. Selenium and zinc may assist by protecting the body from free radical damage while the B-group vitamin biotin may help strengthen nails that are brittle and prone to splitting or breaking.

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CHC42844 12/12

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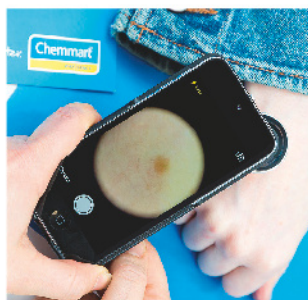


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Spotcheck is a conveniently quick and easy skin cancer screening service now available in **Chemmart Pharmacies**. It uses the latest technology and the expertise of doctors who specialise in skin cancer medicine. Get peace of mind within 48 hours, from just \$35. Find out more at chemmart.com.au/spotcheck

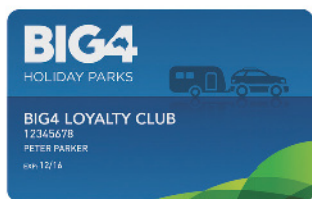


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CHC 43545-06/14



Time to get away

Treat yourself to a weekend getaway and receive exclusive accommodation discounts at any of the 180 **BIG4 Holiday Parks** around Australia, when you join the BIG4 Loyalty Club program. You'll also enjoy amazing member only offers from more than 600 fantastic partners. Become a member at www.big4.com.au/loyalty-club



Sleep easy, naturally

A naturally derived alternative for the relief of the hot flushes and restless nights of menopause is **Remifemin**. Does not contain hormones. Remifemin® has been the subject of numerous clinical trials published in medical journals.

Always read the label. Use only as directed. If symptoms persist consult a healthcare professional.

CHC 53115-12/13

Wagner Magnesium Forte Daily

A high-strength, **one-a-day magnesium** formula to help relieve muscular cramps, aches and spasms. It may also help relieve nervous tension, stress and mild anxiety.

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.

CHC 43537-05/14



Restore and revive

Trilogy Eye Contour Cream restores and revives the delicate skin around the eye contour area, helping banish puffy, tired eyes. With potent antioxidant complex Rosapene™, the light gel-cream formulation is suitable for all skin types, leaving the eye area perfectly moisturised and visibly smoothed. RRP \$44.95 trilogyproducts.com



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food

NUTRITIOUS & DELICIOUS

Healthy eating, made easy



*We love Pete
Evans' healthy
take on roast
veg, p.139*

***On the
menu this
month...***

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Lee Holmes takes the humble veggie to new culinary heights

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Delicious paleo recipes that put a fresh spin on five old favourites

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An Italian dessert classic with just 342 calories? Yes please!

144

Clever new ways to use artichokes, from DIY pizza to lasagna

Clean, green & vegetarian

Want better health, a slimmer body and more energy—every day? Done! In an exclusive extract from her new book, wellness warrior Lee Holmes catapults the humble vegie into its well-deserved role as star of the dinner table. So eat up!

Photography Steve Brown and Cath Muscat Styling Sarah O'Brien



Green breakfast bowl

PREP: 10 minutes **COOKING:** 15 minutes **SERVES:** 3

1 cup quinoa
1 cup chopped kale
1 tbs organic butter, for frying
3 organic eggs
¼ cup basil pesto
1 avocado, peeled, stone removed and cut into wedges
½ lemon, juiced

- Cook the quinoa according to the packet directions.
- Line a bamboo steamer with baking paper and steam the kale over a saucepan of gently simmering water for 10 minutes, or until tender. Set aside.
- Meanwhile, add the butter to a pan over medium heat and fry the eggs until done to your liking.
- To serve, divide the cooked quinoa, kale and pesto between three breakfast bowls. Top with a fried egg, place an avocado wedge on the side and finish with a squeeze of lemon for extra zing. Season to taste.

NUTRITIONAL INFO

Per serving 2444 kJ (585 cal), 17.6g protein, 37.6g fat (10.2g sat fat), 40.7g carbs, 7.1g fibre, 377mg sodium

**Super
charged
tip**

Green vegies are the perfect energy booster and incredibly nutrient dense. This delicious bowl will propel you miles ahead of sugary, boxed-cereal eaters.





Eggplant, pomegranate & minted quinoa salad

PREP: 15 minutes **COOKING:** 35 minutes
SERVES: 6

1 zucchini, sliced
1 eggplant, cut into bite-sized pieces
4 garlic cloves, whole
 $\frac{1}{3}$ cup cold-pressed extra virgin olive oil, plus extra, for drizzling
1 cup cooked quinoa
2 lemons, juiced
1 tbs grated lemon zest
1 bunch of mint, leaves only, plus extra, to serve
1 bunch of coriander, leaves only, plus extra, to serve
1 pomegranate, seeds only
2 avocados, peeled, stones removed and sliced into wedges
4 small spring onions, chopped
1 cup slivered almonds

- Preheat the oven to 200°C.
- Place the zucchini, eggplant and garlic on a baking tray, drizzle with olive oil, sprinkle with salt and roast for 35 minutes. Remove from the oven and set aside to cool.
- Meanwhile, place the cooked quinoa in a bowl with the lemon juice and zest and the olive oil. Combine well.
- Place in a large salad bowl with all the other ingredients and serve topped with extra mint and coriander leaves.

NUTRITIONAL INFO

Per serving 2081 kJ (498 cal), 9.7g protein, 42.5g fat (6.7g sat fat), 15.2g carbs, 10.2g fibre, 45mg sodium

Super charged tip

Lettuce needn't be limited to salads. It creates a lovely texture in soup, adding extra vitamins and minerals. Iceberg lettuce is perfect, as it doesn't have the bitterness of some other greens. This soup is simple and light; a perfect starter or quick snack.

Lettuce & coconut soup

PREP: 10 minutes **COOKING:** 20 minutes **SERVES:** 4

1 tbs extra virgin coconut oil
2 garlic cloves, crushed
1 brown onion, chopped
4 cups vegetable stock
1 iceberg lettuce, roughly chopped
 $\frac{1}{4}$ cup additive-free coconut milk, plus extra, to serve
Parsley, to serve (optional)

- Heat the coconut oil in a heavy-based saucepan over medium heat and add the garlic and onion. Cook for 3–5 minutes, then add the stock.
- Bring to the boil then reduce the heat to low and simmer for about 5

minutes. Add the lettuce and simmer for 10 minutes. Season with sea salt and freshly ground black pepper. Remove from the heat and purée with a hand blender. Return to the heat, add the coconut milk and cook, stirring, until heated through.

- Transfer to bowls, swirl through the extra coconut milk and top with parsley, if using, to serve.

NUTRITIONAL INFO

Per serving 540 kJ (129 cal), 4.2g protein, 9.9g fat (8.2g sat fat), 5g carbs, 2.9g fibre, 1034mg sodium

Feel healthier, fast!

Want to instantly turn your body into an environment where chronic disease won't dare set foot? Eating oodles of vegies is the first step. Cruciferous vegetables like kale, brussels sprouts and broccoli are known to be serious cancer fighters. They're also super-high in antioxidants, making them wonderful for preventing inflammation. Have a box of mixed veg delivered every week: it forces you to get creative. Make vegies the centrepiece of every dish. Or just prepare, trim, roast and chop into bite-sized pieces ready for on-the-go snacking.



**Super
charged
tip**

With bright green mint and hot pink pomegranate seeds this salad provides a variety of antioxidants and micronutrients to help keep you healthy, naturally.

**Super
charged
tip**

This impressive tart has wow factor and will guarantee an army of guinea pigs lining up to give it the thumbs up. The filling fusion of sweetness, tartness and savoury flavours gives it a memorable taste that lingers long after your last bite.



Caramelised onion tart

PREP: 20 minutes **COOKING:** 55 minutes
SERVES: 8

CASHEW CREAM

¾ cup raw unsalted cashews
2 garlic cloves
Celtic sea salt
1 tbs freshly squeezed lemon juice

TART FILLING

¼ cup cold-pressed extra virgin olive oil
4 large brown onions, thinly sliced
Celtic sea salt
Freshly ground black pepper
1 tbs rice malt syrup
1½ cups English spinach and kale leaves, sliced
1 tbs apple cider vinegar

TART CRUST

1½ cups almond meal
½ tsp Celtic sea salt
1 tsp bicarbonate of soda
½ tsp dried rosemary
¼ cup cold-pressed extra virgin olive oil

- Preheat the oven to 180°C and lightly grease a 22cm pie dish.
- To make the cashew cream, place the cashews, garlic, salt and lemon juice in a food processor with ¼ cup of filtered water and process until thick and creamy. Add more filtered water if required.
- To make the filling, heat the olive oil in a large frying pan over low heat and cook the onion, salt, pepper and rice malt syrup for about 30 minutes, or until the onion is caramelised. Add the spinach and kale and cook for a further 10 minutes, or until both are tender. Drain off any excess liquid and then add the apple cider vinegar.
- To make the pastry, combine the almond meal, salt, bicarbonate of soda and rosemary in a large bowl and stir to combine.
- In a separate bowl, whisk the olive oil with 1 tbs of cold filtered water. Stir the olive oil and water into the dry ingredients and mix well to combine. Spoon the mixture into the prepared pie dish and spread evenly over the base and up the sides, removing any excess pastry. Pop the tart crust into the oven and bake for 10 minutes.
- Remove from the oven and allow to cool slightly before adding the cashew cream and then the onion mixture. Return the tart to the oven and bake for a further 15 minutes, or until the crust is golden.

NUTRITIONAL INFO

Per serving 1522 kJ (364 cal), 8.3g protein, 31.7g fat (4g sat fat), 10.3g carbs, 4.9g fibre, 475mg sodium



Over the rainbow salad with tahini & lemon dressing

PREP: 15 minutes **SERVES:** 4

2 cups mixed salad greens
1 red onion, sliced
1 small beetroot, thinly sliced
½ cup shredded purple cabbage
1 red capsicum, diced
1 yellow capsicum, diced
1 carrot, thinly sliced
1 cucumber, diced
1 avocado, peeled, stone removed and sliced into wedges
2 tsp pepitas (pumpkin seeds)
Handful of bean sprouts
1 tbs sesame seeds, to garnish

TAHINI & LEMON DRESSING

½ cup tahini
1 tbs freshly squeezed lemon juice
5 drops stevia liquid
1 tsp Celtic sea salt, or to taste

- Place all the salad ingredients, except the sesame seeds, in a bowl and carefully mix together.
- To make the tahini dressing, place all the ingredients in a bowl with ¼ cup of filtered water and blend until a smooth paste forms. Add more filtered water, if required.
- Dress the salad, sprinkle over the sesame seeds and serve immediately.

NUTRITIONAL INFO

Per serving 1697 kJ (406 cal), 11.4g protein, 34.7g fat (5.6g sat fat), 8g carbs, 10.5g fibre, 351mg sodium



Carrot cake with coconut icing

PREP: 20 minutes + 2 hours soaking

COOKING: 45 minutes **SERVES:** 8

COCONUT ICING

¾ cup raw, unsalted cashews
300ml tinned coconut cream
Finely grated zest and juice of ½ lemon
5 or 6 drops stevia

CARROT CAKE

1½ cups almond meal
½ cup raw chopped walnuts
½ tsp gluten-free baking powder
1 tsp bicarbonate of soda
¼ tsp Celtic sea salt
1 tsp ground cinnamon
½ tsp grated nutmeg
¾ tsp stevia powder
2 organic eggs, beaten
3 tbs butter, coconut oil or light olive oil
½ cup additive-free coconut milk
1½ cups grated carrot
Walnuts, to decorate (optional)

- To make the coconut icing, place the cashews in a bowl, cover with filtered water and soak for 2 hours. Drain. Place the cashews, half the coconut cream and the zest and juice in a processor and blitz for a few minutes. Slowly add more cream until the consistency resembles crème fraîche—smooth, not runny, but not so thick as thickened cream. Once the desired consistency is reached, add the stevia liquid, drop by drop, until it reaches the desired sweetness.

- Transfer to a bowl and add to the coldest section of your fridge for 30 minutes. Alternatively, put it in the freezer for 5–10 minutes to thicken.

- Preheat the oven to 170°C and grease an 18cm round cake tin. Put the almond meal, walnuts, baking powder, bicarbonate of soda, salt, cinnamon, nutmeg and stevia in a bowl and stir to combine. In a separate bowl, place the eggs, butter and coconut milk and whisk to combine.

- Add the dry ingredients to the wet and fold through with a wooden spoon. Squeeze the excess water out of the carrots then add them to the bowl. Fold in lightly. Spoon the mixture into the tin and bake for 45 minutes, or until the cake springs back when pressed in the centre.

- Turn out onto a wire rack to cool. When cooled, spread the icing over the top using a knife and top with the walnuts.

NUTRITIONAL INFO Per serving 1755 kJ (420 cal), 10.1g protein, 39g fat (14.2g sat fat), 6.4g carbs, 4.5g fibre, 528mg sodium

Mint choc chip smoothie

PREP: 5 minutes **SERVES:** 2

1 peeled and frozen banana
1 bunch of English spinach leaves (you can substitute frozen spinach for fresh)
¼ cup organic nut butter
½ avocado, peeled and stone removed
Handful of mint leaves, or ⅛ tsp alcohol-free peppermint extract
1 tsp alcohol-free vanilla extract
1 cup almond milk
½ cup coconut water
Handful of ice (optional)
3 tbs raw cacao nibs

- Place all the ingredients except the cacao nibs in a blender and mix until smooth. Add the cacao nibs and blend for another 5–10 seconds. Pour into a tall glass and serve.

NUTRITIONAL INFO

Per serving 2344 kJ (561 cal), 10.9g protein, 40.5g fat (8.5g sat fat), 36.5g carbs, 6.6g fibre, 97mg sodium

Super charged tip

Move over mint slices! This smoothie tastes just like mint choc chip ice-cream, only it's much healthier. In fact, the traditional biscuity version has got nothing on this blended variety, which is full of sweet minty creaminess, minus the bloat.



**LIKE THIS,
WANT MORE?**

Supercharge your health with the 120 plus nutritious and delicious recipes by Lee Holmes in *Clean, Green and Vegetarian* (\$35, Murdoch Books).



5 EASY weeknight DINNERS

Celebrity chef Pete Evans is one busy man! These delicious paleo recipes put a healthy new spin on old favourites, from bolognese to one-pan roast chicken

Photography Mark Roper Styling Deb Kaloper

Roasted paprika chicken

PREP: 15 minutes + 1 hour marinating **COOKING:** 40 minutes **SERVES:** 4

4 chicken marylands (about 1kg in total)
1 lemon, juiced
2 tbs coconut oil (or other good-quality oil)
1½ tsp coriander seeds, crushed
1½ tsp smoked paprika
2 tbs balsamic vinegar
2 garlic cloves, crushed
3 baby fennel bulbs, cut into wedges
2 carrots, cut in half lengthways
1 large onion, cut into wedges
1 lemon, cut into wedges
½ cup chicken broth or water
¼ bunch of kale (about 100g), central stalks removed and leaves torn

- Season the chicken with salt and pepper, place in a large bowl and set aside.
- To make the marinade, in another bowl, combine the lemon juice, oil, coriander seeds, smoked paprika, balsamic vinegar and garlic, then mix well. Pour the marinade over the chicken and rub into the skin. Cover with plastic wrap and place in the fridge for 1 hour to marinate.
- Preheat the oven to 200°C. Arrange the fennel, carrot, onion and lemon wedges in a single layer in a roasting tin. Season with salt and pepper and place the chicken on top, then pour over the marinade and broth or water. Roast in the oven, occasionally basting the chicken with the juices in the tin, for 35–40 minutes until the chicken is cooked through and golden.

- About 8 minutes before the chicken is ready, gently toss in the kale, mixing it with the juices in the tin to ensure it's well covered and won't dry out and burn. Add a little more salt and pepper, if desired. Serve the roast chicken with accompaniments of your choice.

NUTRITIONAL INFO Per serving 2187 kJ (523 cal), 43.5g protein, 33.1g fat (15.6g sat fat), 10.6g carbs, 5.2g fibre, 331mg sodium



PETE'S TIP I adore playing around with old favourites like the humble roast chook. This is simple yet flavoursome—a smattering of spices can elevate it to a memorable dish. Shred any leftover meat and add vegies to create a salad or stir-fry.



PETE'S TIP Bolognese is a hit for all ages and you can use the leftovers to make bolognese muffins—simply mix in a few eggs, spoon into muffin trays and bake!

Bolognese on sautéed kale

PREP: 20 minutes COOKING: 35 minutes SERVES: 4

2 tbs coconut oil (or other good-quality oil)	Pinch of dried chilli flakes (optional)
½ onion, chopped	50–100g offal (such as marrow, heart or liver)
½ carrot, finely diced	4 tbs finely chopped flat-leaf parsley leaves
½ celery stalk, finely diced	
3 garlic cloves, crushed	
550g beef mince	
1 tsp chopped oregano leaves	SAUTÉED KALE
200ml dry red wine (such as shiraz)	3 tbs coconut oil
2 tbs tomato paste	3 garlic cloves, crushed
500g tomato passata	2 bunches of kale, stalks removed and leaves torn
300ml chicken or beef broth	½ cup chicken broth

- Preheat the oven to 150°C. Line a tray with baking paper.
- Heat the oil in a frying pan over medium–high heat. Add the onion, carrot and celery and cook for 4–5 minutes, or until soft. Add the garlic and cook for 1 minute, until fragrant. Add the mince and brown, breaking up the meat into smaller pieces with a spoon, for 5–6 minutes.
- Stir in the oregano and wine and cook until the wine has almost evaporated, about 4–5 minutes. Add the tomato paste and cook for 1 minute, then stir in the passata, half the broth, the chilli (if using) and season with salt and pepper. Reduce the heat and simmer for 15 minutes. Add the rest of the broth if it becomes too dry. Stir through the offal and parsley and keep warm.
- To prepare the kale, heat a large frying pan over medium–high heat, add the oil and garlic and cook, stirring, until fragrant, about 30 seconds. Add the kale and broth and cook, tossing occasionally, for 3 minutes until wilted. Season with salt and pepper.

NUTRITIONAL INFO Per serving 2414 kJ (576 cal), 44.2g protein, 35.8g fat (26.6g sat fat), 11g carbs, 6g fibre, 908mg sodium

Roasted vegetables with mojo aioli

PREP: 20 minutes COOKING: 70 minutes SERVES: 6

JERK SPICE BLEND
 1 tbs garlic powder
 1 tsp cayenne pepper
 2 tsp onion powder
 2 tsp dried thyme
 2 tsp dried parsley
 1½ tsp paprika
 1 tsp ground allspice
 ½ tsp freshly ground black pepper
 ½ tsp dried chilli flakes
 ½ tsp ground nutmeg
 ¼ tsp ground cinnamon
 2 tsp sea salt

MOJO AIOLI
 6 garlic cloves, chopped
 1 tsp cumin seeds, toasted
 2 long red chillies, deseeded and chopped
 2 tsp smoked paprika
 ½ tsp dried oregano
 2 tbs apple cider vinegar

3 tbs extra virgin olive oil
 4–6 tbs aioli

ROASTED VEGETABLES
 4 baby golden beetroot
 4 baby red beetroot
 ⅓ cup coconut oil, melted
 2 parsnips, halved lengthways and cut into 5cm pieces
 1 red onion, quartered
 1 turnip, cut into quarters
 ¼ pumpkin, cut into wedges
 200g sweet potato, cut into wedges
 2 carrots, halved lengthways and cut into 5cm pieces
 1 garlic bulb, cloves separated
 1 tsp Jerk Spice Blend, or more to taste
 1 handful of coriander leaves

- To make the jerk spice blend, combine all the ingredients. Set aside. Any leftover spice mix can be stored in an airtight container for up to 3 months.
- To make the mojo aioli, place the garlic, cumin and chilli in a food processor and process to form a paste. Add the paprika, oregano and vinegar, then slowly add the oil and process to form a thick paste. Mix with the aioli, adding more aioli if necessary, and season to taste with salt and pepper. Refrigerate until ready to serve.
- Preheat the oven to 200°C.
- Wash the beetroot and trim the stems, leaving 1cm intact. Place in a large roasting tin, drizzle over 1 teaspoon of the oil and season with salt and pepper. Cover the tin with foil and roast for 40 minutes, shaking the tin after 20 minutes, until tender. When the beetroot is cool enough to touch, peel and halve.
- Combine the vegetables and beetroot in the tin, toss with the remaining oil and sprinkle over the jerk spice mix. Spread the vegetables out to form a single layer and roast until tender and golden, about 30–35 minutes.
- Arrange the vegetables on a platter, garnish with the coriander and serve with the mojo aioli.

NUTRITIONAL INFO Per serving 1642 kJ (393 cal), 5.5g protein, 26.4g fat (13.3g sat fat), 28.9g carbs, 10.2g fibre, 304mg sodium



PETE'S TIP

This is a cracker of a recipe, full of flavour, colour, aroma and texture. The mojo aioli is inspired by mojo rojo, a chilli sauce that originated in the Canary Islands. Double this recipe so that you can take it to work the next day or turn it into a delicious egg bake for breakfast.



**LIKE THIS,
WANT MORE?**

Pete Evans' new cookbook, *Going Paleo* (\$39.99, Pan Macmillan) includes 80 fast and flavour-filled recipes that will transform the way you eat.



PETE'S TIP

This is a delicious and simple breakfast dish that's also perfect for taking to work for lunch. If you don't have any kale, you can also use any kind of cooked veggie or meat instead—simply pop your leftover roast veg or meat from the night before into the pan, add some eggs and voila! Breakfast has never been so tasty or quick—and there's no waste. Easy!

Herb & garlic fish parcels

PREP: 10 minutes **COOKING:** 15 minutes **SERVES:** 2

2 × 180g snapper fillets
10 clams, cleaned
4 garlic cloves, crushed
100ml coconut oil (or other good-quality oil)
4 tbs chopped flat-leaf parsley leaves
1 long red chilli, deseeded and finely chopped
4 tbs dry white wine (such as chardonnay)
10 cherry tomatoes
1 lemon, zest and juice
1 tsp grated bottarga or 1 chopped anchovy fillet

- Preheat the oven to 200°C. Place two large sheets of baking paper side by side in a large roasting tin (each piece of baking paper should be large enough to enclose a fish fillet and half of the clams).
- Season the fish with salt and pepper and place a fillet in the centre of each piece of baking paper.
- In a bowl, mix together the clams, garlic, oil, parsley, chilli, wine, tomatoes and lemon zest and juice, then spoon over the fish, dividing the mixture evenly.
- Fold each piece of the baking paper over from two sides to form a package, then fold in the ends to seal. Bake in the oven until the fish is cooked through and the clams are open, about 10–12 minutes.
- To serve, place each of the packets on a serving plate, open them up and sprinkle with the bottarga or anchovy.

NUTRITIONAL INFO

Per serving 1758 kJ (421 cal), 40.1g protein, 26.3g fat (22.2g sat fat), 2.2g carbs, 2g fibre, 280mg sodium

PETE'S TIP

You can make these parcels up to a day before (no more) and then just pop them in the oven when your guests arrive. I like to serve them with a big platter of sautéed greens and fermented veg.



Kale & pumpkin tortilla

PREP: 10 minutes **COOKING:** 12 minutes **SERVES:** 2

½ bunch of kale leaves (about 100g), central stalks removed
6 eggs
2 tbs coconut oil (or other good-quality oil)
100g pumpkin, cut into 1cm cubes
1 garlic clove, crushed
2 tbs sunflower seeds
2 tbs pumpkin seeds
Lemon wedges, to serve

- Wash the kale leaves thoroughly to remove any grit. Drain well, pat dry and roughly chop. Set aside. Using a fork, lightly beat the eggs in a bowl and season with salt and pepper.
- Heat the oil in a non-stick frying pan over medium heat. Add the pumpkin and cook, stirring occasionally, for 3 minutes.
- Reduce the heat to medium-low, add the garlic and cook for a further 2 minutes, or until the pumpkin is softened. Increase the heat to medium, add the kale and cook, stirring constantly, for 1 minute.
- Spread out the kale and pumpkin into a single layer and pour in the beaten egg,

swirling the egg around the pan. Reduce the heat to low and cook, without stirring, for 2–3 minutes, or until the egg is almost cooked through. Take off the heat, cover with a lid and leave for 3 minutes to allow the residual heat to finish cooking the tortilla.

- Cut the tortilla in half, then gently slide each half onto a warm plate. Sprinkle some sunflower and pumpkin seeds on top and then squeeze on a little lemon juice. Serve immediately with a green salad.

NUTRITIONAL INFO Per serving 2028 kJ (485 cal), 24.5g protein, 39.4g fat (22.8g sat fat), 7.5g carbs, 3.6g fibre, 291mg sodium



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Guilt-free Fruit tiramisu

An Italian classic for just 342 calories? You'd better believe it! Dessert anyone?

PREP: 30 minutes + 20 minutes chilling

COOKING: 10 minutes

MAKES: 4

2 peaches, peeled, pitted and diced

1 unwaxed lemon, juice and zest

2 tbs honey

250g raspberries, 4 set aside to use as a garnish

1 tbs icing sugar

350g natural yoghurt

12 sponge fingers

1 orange, juiced

- Place half the peaches in a pan with two tbs of the lemon juice and the honey; bring to the boil. Press the cooked peaches with a fork, add the remaining peaches then cool.

- Mix raspberries with the icing sugar and 1 tbs lemon juice and leave to steep. Divide $\frac{1}{3}$ of the yoghurt between 4 serving glasses. Dip half the sponge fingers in the orange juice and break into pieces. Add to the yoghurt in each glass.

- Add half the raspberries and cover with a layer of the yoghurt. Top with the remaining sponge fingers and add the rest of the raspberries.

- Add the peaches and top with the remaining yoghurt. Chill for at least 20 minutes and serve garnished with lemon zest and raspberries.

NUTRITIONAL INFO Per serving
1436 kJ (342 cal), 8.6g protein, 8.8g fat
(4.8g sat fat), 53.2g carbs (37.8g sugars),
6.3g fibre, 156mg sodium



Just take artichokes

This pantry dweller is ready to bolster your next sauce or dip with antioxidants and fibre!



ARTICHOKE & CHORIZO PIZZA

Mix 500g flour, 7g dried yeast and 1 tsp salt in a bowl. Add 200ml lukewarm water and 2 tbs olive oil and knead into a smooth dough. Knead well on a floured work surface, then cover and leave to rise in a warm place for 1 hour. Heat the oven to 220°C. Knead the dough and split into 4 portions. Roll out into circles, place on sheets of baking paper and spread with 6 tbs olive oil. Place 650g artichokes (tinned, drained and sliced), 100g black pitted olives, 12 caper berries and 200g sliced chorizo on top, sprinkle with 1 tbs thyme leaves. Bake for around 20 minutes. Serve topped with grated parmesan.

Did you know?

In a recent nutrition study, artichokes beat blackberries in antioxidant capacity per serving size!



5 clever ways to use artichokes

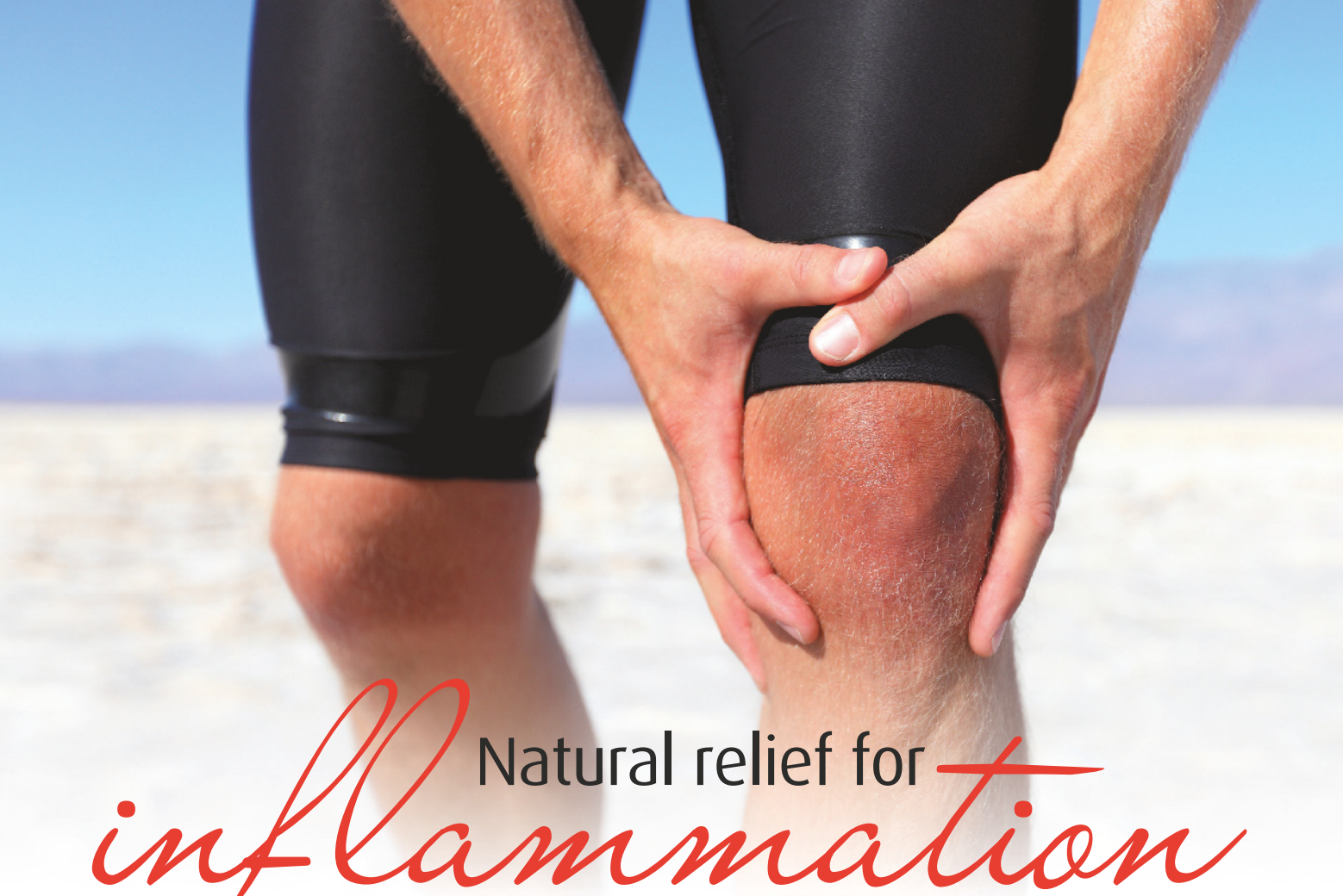
1 LASAGNA WITH A TWIST: Layer coarsely chopped marinated artichoke through your usual lasagna for a simple, and fast, flavour update.

2 CHEAT'S DIP WITH A DIFFERENCE: Process artichoke hearts along with fresh basil, parmesan and olive tapenade until smooth. Transfer to a baking dish and bake until hot. Serve with flatbread and salad. An autumn favourite!

3 EASY FETA AND ARTICHOKE TART: Spread ricotta onto wholemeal flatbread and top with marinated artichoke, feta, salt and pepper. Bake until crisp.

4 TASTY PESTO: Blitz one jar of artichoke hearts with 2 tbs olive oil and 3 tbs grated parmesan. Stir through salad or pasta. A healthy dinner in minutes!

5 WHITE BEAN SALAD: Quarter artichoke hearts and combine with white beans, diced red onion, sliced celery and chopped parsley. Lace with olive oil and lemon juice. Perfect for your lunch box.



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WHAT DOES 48 LOOK LIKE?

A simple quest to find a fake tan free from hidden toxins unexpectedly changed Sonya Driver's career path—along with her entire outlook on life

I HAD MY DREAM JOB AS A FLIGHT ATTENDANT with Qantas but took a redundancy because I had two baby girls. It was hard to manage flying internationally and mother's guilt was weighing heavily on me. Not long after, my sister, Rachael, was diagnosed with a melanoma. She was only 30 and never sunbaked. We resorted to fake tanning but I was concerned about ingredients getting into her scar from the operation to remove the growth.

I STARTED RESEARCHING AND DISCOVERED many of the apparent “organic” fake tans out there were a load of rubbish. They might have contained one organic ingredient, but most of the others were actually toxic, using carcinogens and synthetics. I launched Eco Tan (ecotan.com.au) in 2010, using only organic ingredients. What you put on your skin gets into your bloodstream. It sounds completely stupid to put aluminium under your armpits for instance or to eat food sprayed with known poison! I just think it's common sense. If you're going to live this life you may as well give your body and health the best possible chance. Lifestyle factors cause 90% of our diseases. I truly believe that now.

I DON'T GIVE A DAMN ABOUT WHAT I LOOK LIKE, but I do care about my mental health. We need to focus more on our mental health and happiness. Surround yourself with people who encourage you and make you feel good about yourself. I'm in a running group with other mums, and I have one word—endorphins! And stress release. Also, use your gut feeling—women have a very special strong supernatural gift with our intuition. Once we tap into that, nothing can stop us. **P**



Want to reduce your skin cancer risk? In addition to slathering on the SPF, visit preventionmag.com.au for the melanoma facts every Aussie woman should know.

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